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FHM

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FEBRUARY 2011

THE NO. 1 MAGAZINE IN THE PHILIPPINES

PINAY INTERNET SUPERSTAR

MISA CAMPO

Comes home unwrapped

'JOSE RIZAL WAS PRO-SPAIN'

AND 12 OTHER HISTORICAL FACTS YOU MUST KNOW

NEVER BEEN TOUCHED

THE TRUE STORY OF A 47-YEAR-OLD VIRGIN

STINK BOMB

YOUR BODY ODOR EXPLAINED

FILMS WITH BALLS

THE BEST DICK FLICKS EVER

P140

ISSN 0119-7681
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SUMMIT MEDIA

18+ CONTENTS ARE NOT SUITABLE FOR MINORS

PLUS!
- GROW YOUR HAIR BACK
- JACKETS AND VESTS
- BLACKBERRY PLAYBOOK
- TIRSO CRUZ III IN DRAG

STEP IT UP, VALENTINO

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1 FULL-COURSE MEAL TO SATISFY HER

ALSO STARRING MR. BONES AND THE BONEYARD CIRCUS • CIRCUIT TRAINING • JOEL TORRE • AMAZING BUT UNKNOWN PINOY INVENTIONS

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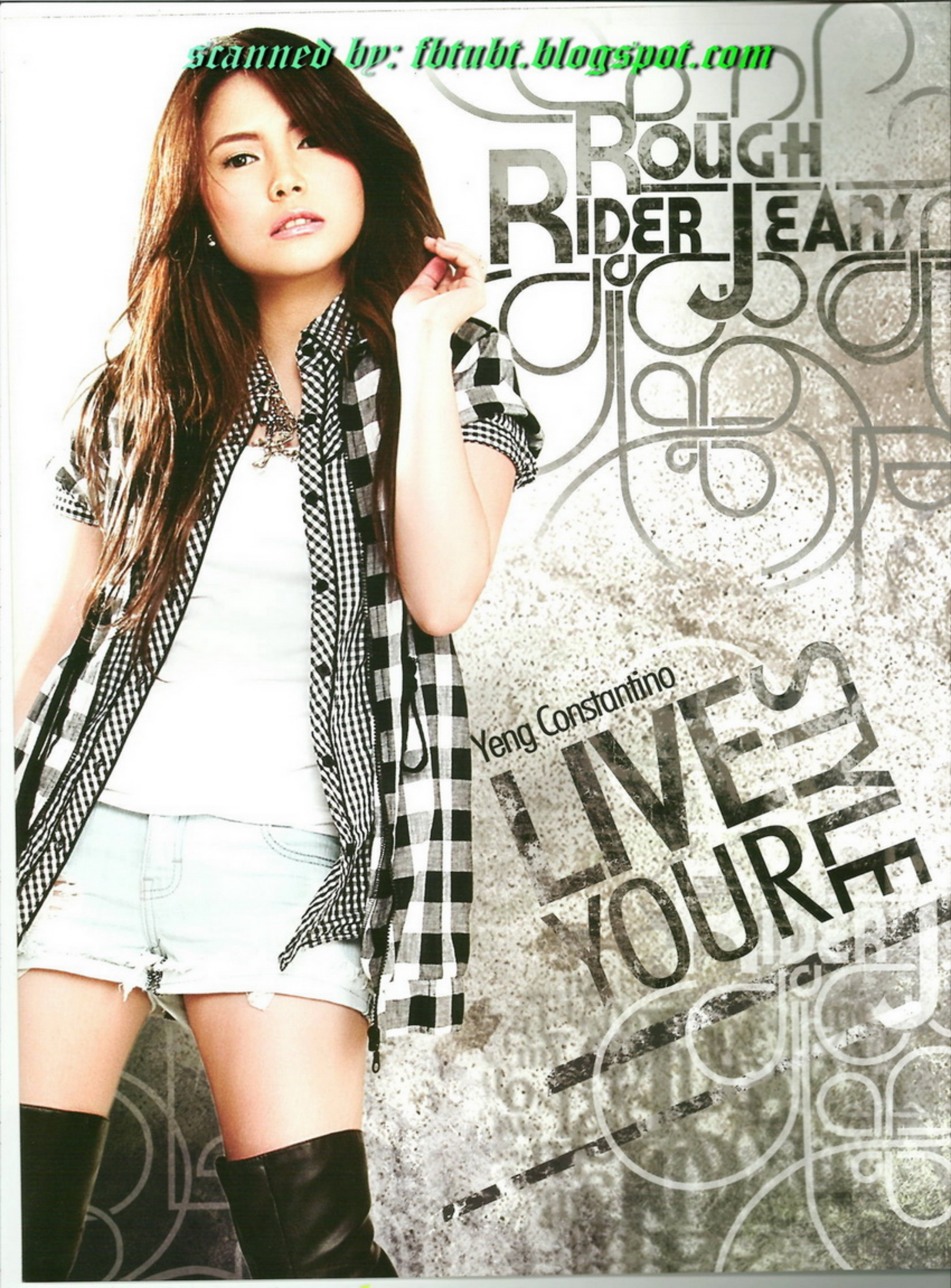

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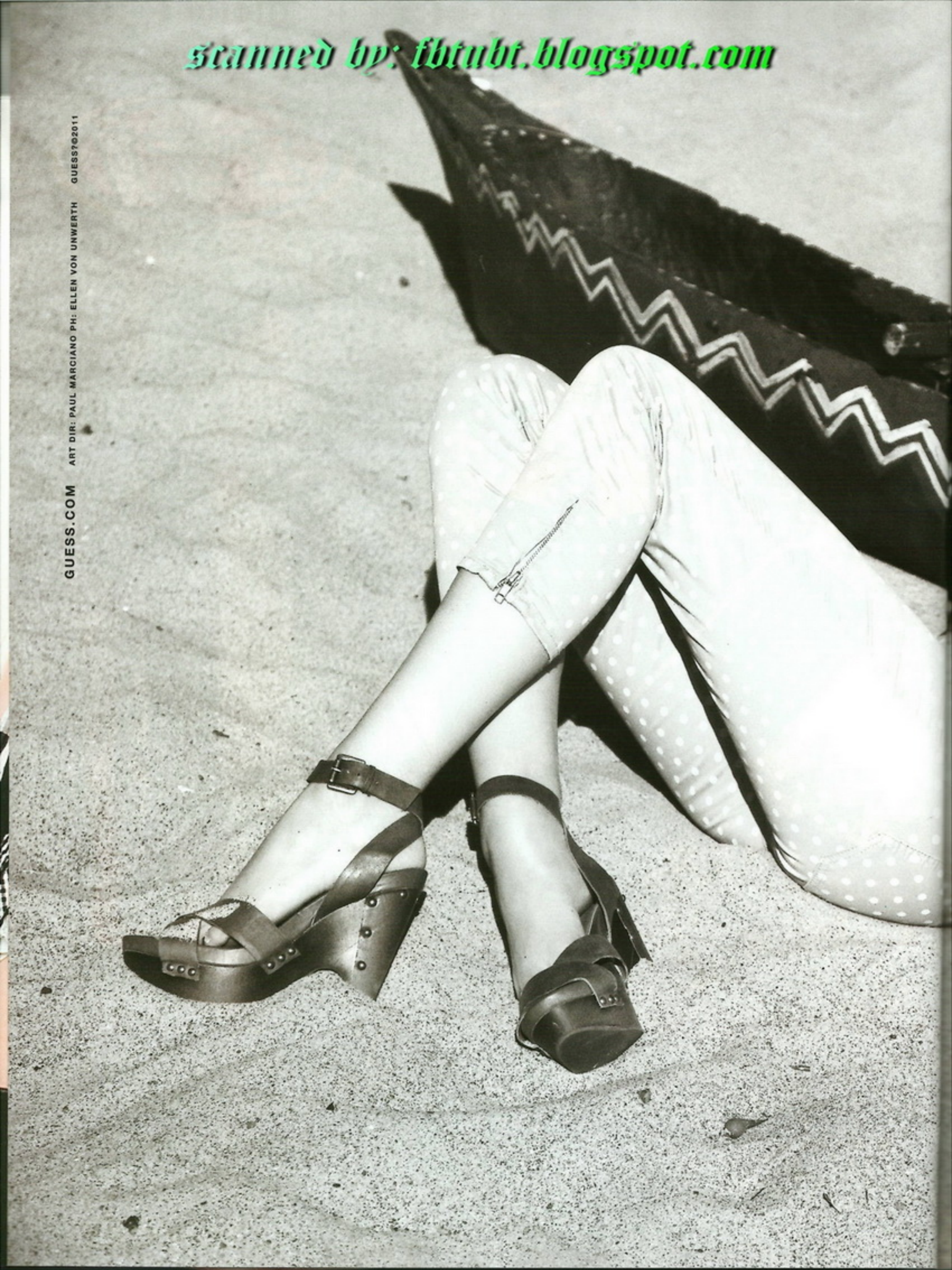

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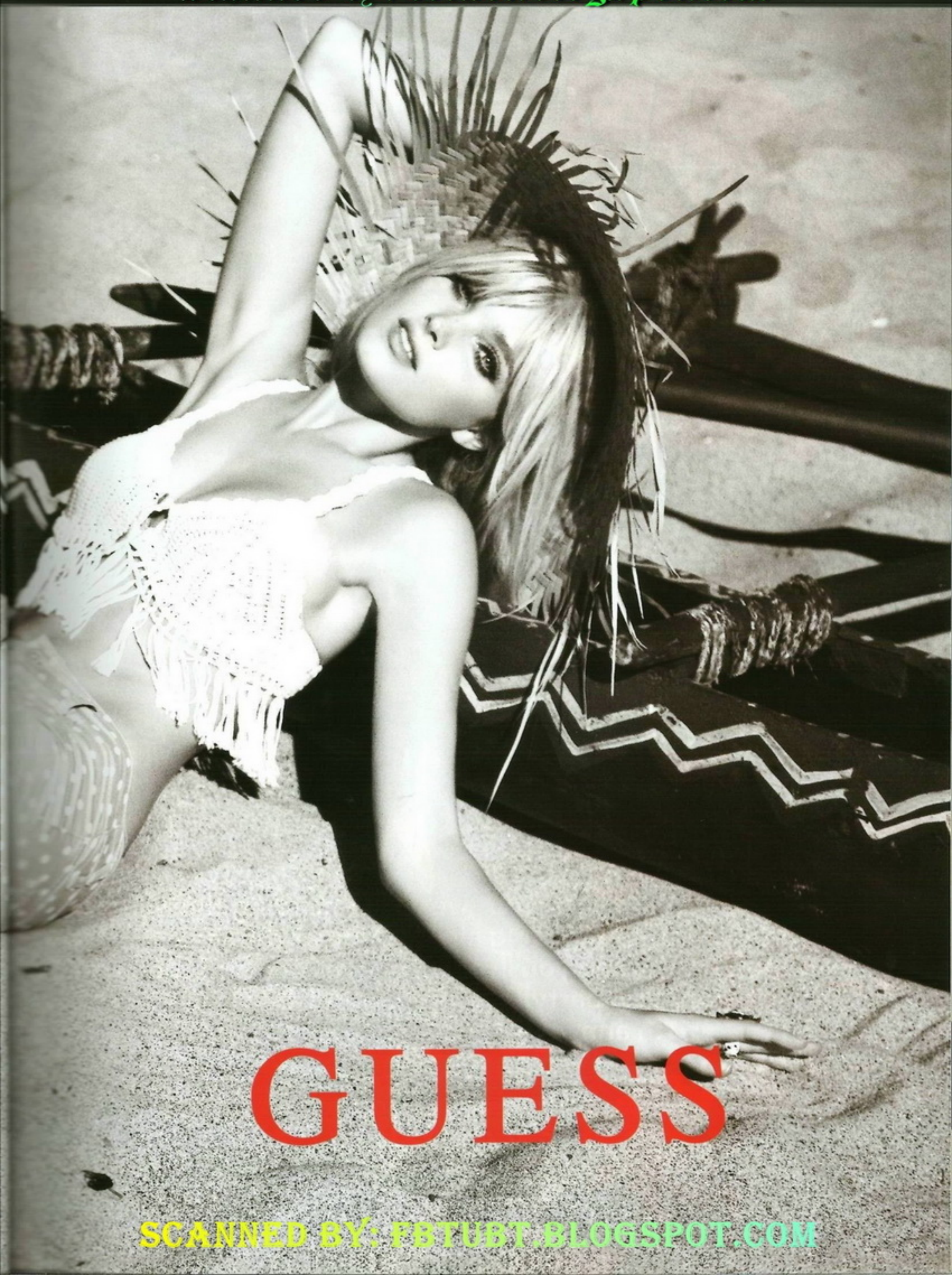

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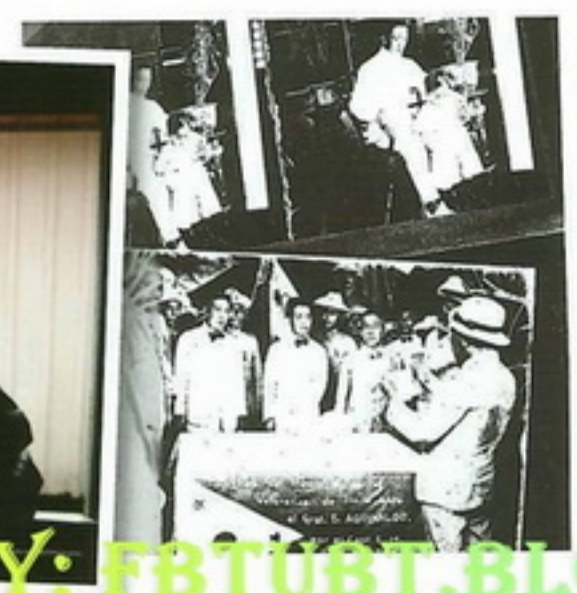

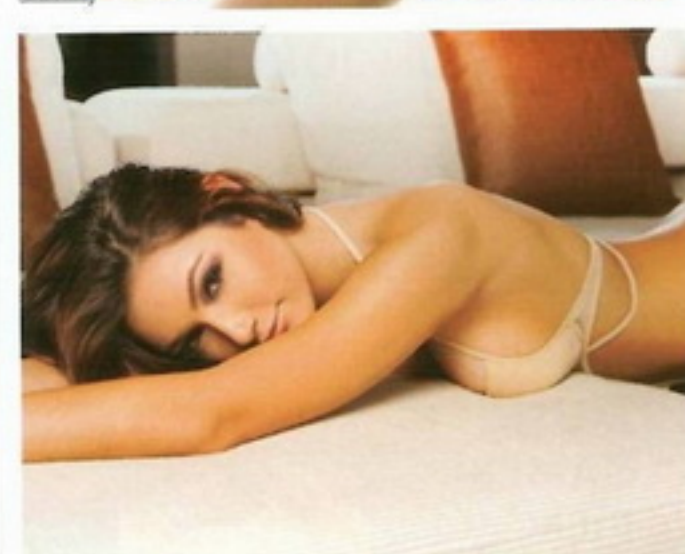

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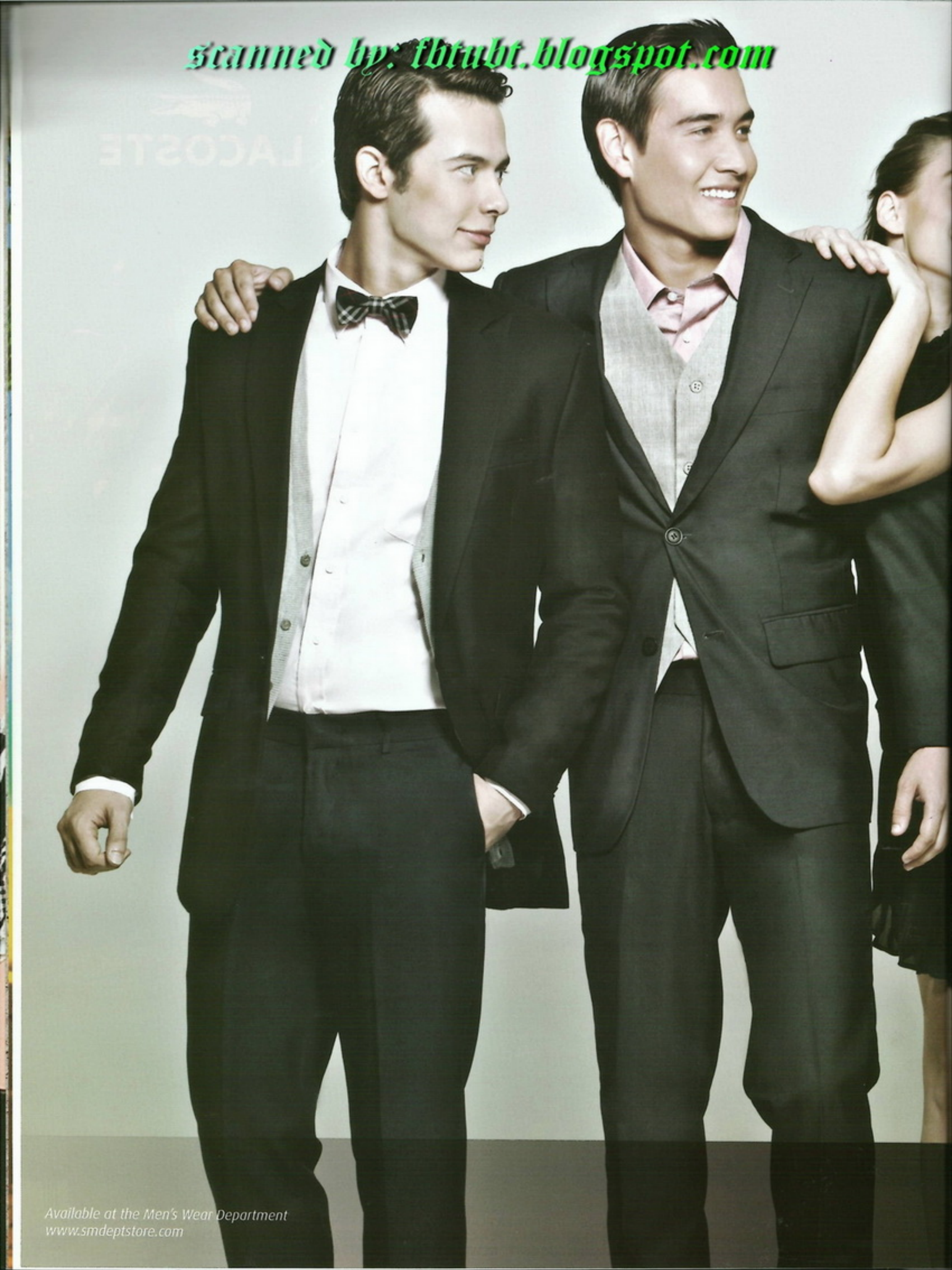

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TEAM SHEET

DID THIS MONTH...

NOTICE TO THE PUBLIC

DUE TO THE RECENT INCREASE IN PRODUCTION COSTS, WE HAVE TO HIKE UP THE PRICE OF EVERY COPY TO P140 STARTING THIS MONTH. BUT WORRY NOT, WE'LL MAKE THE ADDITIONAL P15 WORTH IT WITH EACH ISSUE BY PUTTING OUT MORE OF THE GOOD STUFF YOU CAN SEE HERE!

Pinched ourselves silly until we finally realized that Misa Campo shooting for the cover was for real

***FHM* Associate Publisher Chad Rosario looked like he just gave birth, but it was his wife Knelle who did. Congrats to the Rosarios!**

Web prince Ron Jay with son Kai. Yes, he also has a kid

Carla Humphries started the year with a bang by signing autographs

Meet Octavius, or Excursion!, or Giant Waves, the band who will save rock 'n' roll!

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Bid former *FHM* staffer Andrew Asuncion (Nov. 28, 1976—Dec, 30, 2010) farewell. Save us a spot, bro!

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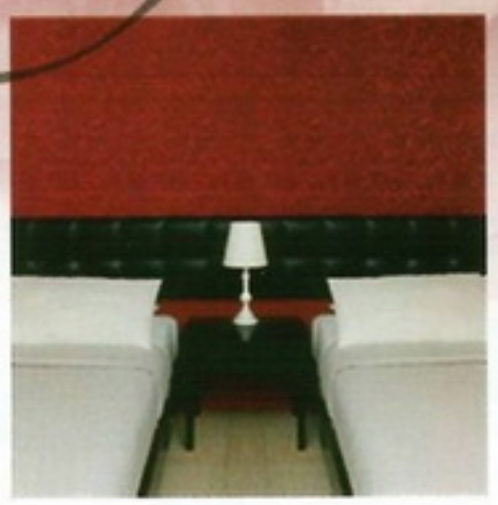

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LETTER OF THE MONTH

HOT FOR NATALIE

On Aug. 20, 2010 I bought *FHM*'s issue for the month. The one who really captured my eyes is the beautiful, sexy, divine, hot babe named Natalie Hayashi. She, to me, is the goddess of all sexy ass, my favorite part in a woman's body. The next day, I commented on a certain Geraldine de Guzman Childers' account on Facebook. I told her she looked very much like my beloved Natalie. Imagine my shock when I found out it was Natalie herself. Just to be sure, I asked a few questions to verify things. And she responded, even sending the link to her official Facebook account. Thanks, Geraldine for making that day so unexpectedly amazing. You're so kind!
Macqui, by email

WE AMAZE HER

Woohoohh! I love you because you made my Christmas and New Year happy by having Ellen Adarna in your December 2010 issue. I'm a super-duper-major-major avid fan of her. I think someone should tell you what a great job you've been doing in *FHM* now. It has to be the reason yours is the most unique men's magazine out there. My friends and I agree that your humor is truly funny. Perhaps that's because you're a bunch of well-read and genuinely funny crackpots. I like reading your columns because it always make sense and are never boring. I read the magazine from cover to cover. That's a tribute to your quality. Also, *FHM* is affordable. And your feature articles cover some if not all of your readership's interests. There are many other *FHM* attributes that should be commended. I also congatulate you for *FHM*'s new look—it's fresh and very classy now compared to before.
Joy Coronel, by email

Macqui gets a a 75ml bottle of Ralph Lauren Big Pony

A message from the oft-flooded *FHM* inbox
"I implore you future picture senders to limit your submitted snaps at 80KB to 1MB! Have mercy!"

MY UNCLE

This is a picture of my uncle, Joan Gofredo (center) taken in France last January 2010.

He asked me to email it to you because he really wanted to be a part of his favorite magazine. He even influenced my aunt to read *FHM*. I know he will appreciate it very much if you publish this.
Shallom, by email

COLD COMFORT

Just want to share to everyone that no winter can cool us down as long as we have *FHM* issues on board. Kahit yung snowman,

natutunaw kasi nag-iinit na rin siya sa kababasa ng FHM! You're the best invention ever introduced to men!
Capt. A. Maralli, by email

POSING PRO

My sister-in-law influenced me to read *FHM*. Now I know *kung bakit sobra siyang*

addicted *sa inyo*. I've learned a lot from *FHM*, especially how to pose the way your hot models do. *Ngayon lang ako naglakas-loob na magsulat* because I know you receive tons of letters daily. But I'm begging you to publish my picture as a birthday gift to myself. I also want to surprise my friends *na laging nanghihiram ng mga FHM ko*. Thanks guys!
Darlene, Bislig City

NEW YEAR'S BABY

I'm so happy for the first day of 2011 because my wife gave birth to our first daughter, Janicar Ashley V. Cañada.

I'm so happy also because I completed my 2010 issues—and I'm looking forward to collecting all your 2011 issues. Two thumbs up, *FHM*—you're the best among the rest. Hope you will post our family picture because I will show it to my daughter in the future.
Oscar, by email

GALLERY

PERSONAL PROTECTION
This is how I take care of my precious possessions. *Gusto ko kasing ipamana sa magiging son ko lahat ito*, to show him how *FHM* has rocked my world and my generation.
Carl Polintang Jr., by email

SUPER JUNIOR
My wife gave birth to our first child last January. We will name him after your resident cartoon hero, Erek Shawn, but with a twist. I hope you won't mind us naming him Shawn Erek.
Paul Arias, by email

INVITE HIM
My hubby is an avid *FHM* collector. This picture was taken at the Dutdutan Festival last year. He also hopes to attend this year's *FHM*'s 100 Sexiest party.
Graciella, by email

COOL COLLECTOR
I just wanted to share my *FHM* 2010 collection. I didn't really expect *na makukumpleto ko siya*! I hope I can complete it again this year! I hope to see this in one of your issues!
Azel Laguday, by email

FROM JANUARY WITH LOVE
My husband is an avid fan of *FHM*. He celebrated his birthday last month. *Ito po ang naisip kong regalo para sa kanyang kaarawan*. I love you.
Eva, by email

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LETTERS

HE'S A BELIEVER

I'm currently celebrating my first year as an *FHM* collector. Thanks for being a part of my life. The topics are perfect and

always helpful. My girlfriend supports my habit of collecting *FHM* because she knows there are so many lessons to learn from you. I'm proud to be a new citizen of *FHM* Nation.

Henry, by email

HIS NEW HONEY

Di pa rin kayo nagbabago, ang ganda pa rin ng cover girls ninyo. Paborito ko pa rin si Erek Shawn. *Sana i-post ninyo ang pictures namin ng bago kong girlfriend. Salamat. FHM* rules!

Rodresle, by email

KID ADORES ELLEN

I've been reading the interesting and addictive *FHM* since October 2009. I'd like to share this photo of my eight-month-old nephew, Zhaijian Ganitano, who can't stop staring at Ellen Adarna. It's his birthday in February and this is my gift to him.

Benegan, Sarrat, Ilocos Norte

ETERNAL DEVOTION

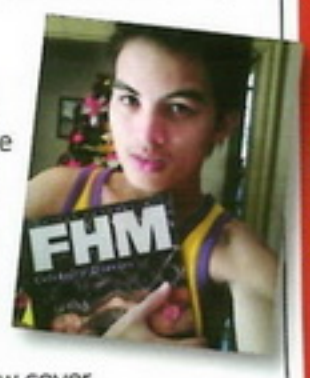
My Tarty and I will celebrate our eighth anniversary on February 21. I really love my wife so much. I'm a certified *FHM* addict. I will collect it until I get old then I'll leave them with my grandchildren so that

they can continue my legacy as an *FHM* fanatic. We hope *FHM* will not stop doing amazing issues each year. Just want to greet the Laroche Clan from Aklan, Batch 2000, Voltez 5, Dimyans of SMI.

Daxzter's Lab, Makati

ALL HIS BEST

This is my first time to buy your Ladies' Confessions special. I've been a collector of *FHM* since June 2005. When I received my Christmas bonus, I immediately bought all the 2010 issues I've missed. Until now, *nagugulat pa rin ako* with your new cover girls. *Wala talagang kayong kupas!* Greet ko lang best friend *kong si* Junjun. Happy birthday *niya sa* February 13.



Rodolfo, by email

FAMILY FIRST

Happy 18th birthday to my sister, Rosalie Dela Cerna, last January 10. Sis, *wag ka nang pasaway* and good luck *sa tatahakin mong buhay*. Also, belated happy wedding anniversary *sa* parents *ko* last January 2. Stay strong *habang buhay*. I love you all!

Keng and Jr., by email

GALLERY

ALWAYS

Please include this pic in FHM as a gift to my ex-BF. I'm sure he will be surprised because I dared him to post my pic. Love you, hope you feel the same.

Feline, by email

PARTNERS IN CRIME

My partner and I love reading the great *FHM*. Our relationship turned a year old last January 17. She will be really happy with this belated gift. I love you so much!

Paul Allanic, by email

MEOW

Kath is one sexy feline. A sophisticated and feisty young woman. Being with her has made my days extraordinary, thanks to her persona and alluring gestures.

Panda, by email

FAMILY MATTERS

Please post this picture of my sister and her husband. They had their first wedding anniversary last January. I'm sure they, especially my *bayaw*, will be surprised with my gift.

aj_soultaker, by email

29 IS THE NEW 20

I turned 29 last month. I hope you'll share one of the best pics I've ever had. This is my birthday gift to myself. Thanks, *FHM*! God Bless!

Cai, by email

WHO THE HELL ARE YOU

earle's DELICATESSEN

Eric Roy gets P1,500 worth of gift certificates from Earle's Delicatessen

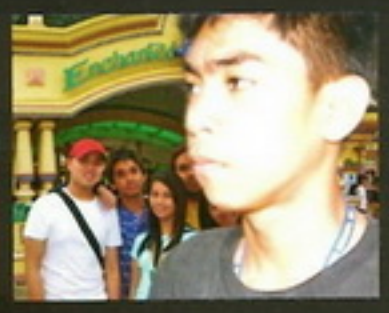
INTRUDER OF THE MONTH

CRIMINAL INTENT

"We are Criminology interns at Aringay Police Station," Eric Roy writes. "As we took a pic for a souvenir, we didn't notice a 'lawless element' popping out from behind!"

WAX ON, WAX OFF

"This was taken at a hotel near the entrance of PAGCOR," shares Philip. "All my posing and smiling were wasted when a hotel staff decided it was time to wipe the dirt off the glass door!"



JEJEBUSTER!

"My cousin's brand new SLR cam would not be wasted at Enchanted Kingdom," Romz declares. "So we had our first pic taken. But with nary an 'Excuse me' this jejemon kid suddenly invaded our frame. Grrr!"

Smiley for everybody

"A friend shouted 'Smile' while taking this picture," writes arjay007. "The dude behind me heard him and willingly joined in. We'll, he really did know how smile!"

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Feed your hunger for messaging.

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STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

STRAIGHT FORWARD

Angel Smith doesn't like sugar-coating her intentions. We don't like her wearing anything

"Sinasabi niya, 'Hindi puwede, pagod ako'. Tapos ako, 'Hindi gusto ko ngayon na!' Tapos pag ayaw niya pa rin nag ta-tantrums na ako, tapos papayag na siya." This is how February opening jewel Angel Smith responds when asked how she initiates sexy time. It's a tactic probably more successful when pulled off by her than you. She has no trouble mincing words ("Where do I like being kissed most? *Sa* clit, *ano ba*!"), believes performance is key ("*Kailangan* wild!"). Has tongue and belly button piercings, wears crucifixes around her neck and prays a lot. Yes, she's our kind of girl.

Do we have to go to a lot of car shows just to woo you?

Mostly *sa* car shows *mo talaga ako makikita–pero hindi ako masyadong sanay sa ligaw-ligaw, pag gusto ko yung* guy *at gusto niya ko, mapi-feel na naman namin yun. Then lagi niya ko ininvite na lumabas* to dinner with his friends, and then, boom, we do it! Ha ha ha! *Yun na yun, kami na*!

Which leads us to ask the obvious—Men: what do you like about them? You can't say "thoughtful" though.

Ganun? Sige! Bukod sa thoughtful, ha ha ha! *Kase may ibang* guys *na hindi masyadong* sensitive *sa* emotion *ng* girls, *importante sa kin yun! Pero bukod dun kailangan din niyang maging* sport. *Kasi yung ginagawa namin minsan*, like *yung* car shows and posing for *FHM, may*

PHOTOGRAPHY: JAKE VERSOZA. INTERVIEW: KHYNE PALUMAR. STYLING: DEBRA BERNALES. MAKEUP: ARA FERNANDO FOR GUERLAIN; HAIR: ELAINE GANJELAS FOR L'OREAL PROFESSIONEL. SPECIAL THANKS TO PRIMERO ROOM 526, THR FORT STRIP

VITALS

Name: Angel Smith

Age: 23

Where you'll (likely) spot her: Car shows, fashion shows ("Ushering, lingerie, ramp, shoots for other photographers' portfolio or my own, workshops, usually *ganoon*...), bars ("*pero* not necessarily *sa* clubs, *kase ayoko ng* crowd, *ayoko ng masyadong mausok*...")

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guys *na ayaw nila: "Wag mo nang gawin yan, wag ka nang pumunta riyan."* So big thing *sa akin yung* guy who just lets me be. Weakness *ko rin yung* chubby guys.

What about strength and endurance?

Siyempre kailangan performer! Like my ex, I've had relationships with other men before, *pero sa kanya ko lang na experience yung* (vaginal) squirting. So *kailangan talagang* super-performer *siya*, at pleaser *siya. Yung mas natu-turn-on siya sa ganun.*

And you don't do the same for him?

He was really good, *magaling siya sa* foreplay, *tapos marami siyang* things *na tinuro sa akin*, like how to play with myself. Before *nun* I didn't really know how to kiss, *yung* sensual *na* kiss.

You seemed comfortable trying out positions we had you do for the shoot. Which was your favorite?

Yung nakadapa. Para lang akong nag me-make love *sa sahig. Mahirap mag-crouch* on all fours *at maging* sexy at the same time, *pero para sa akin, madali ma-feel na sexy ka* in lingerie.

You have a really pretty belly button ring, how long have you had it?

Two years. *May* collection *ako nito.* I have a heart, *tapos* bunny, and then *yung* studs *lang na iba-ibang* color. The one I'm wearing now is a key.

Key to what exactly?

Aha! Nahirit ko na yan one time with a guy, *sabi ko, ito yung key sa ano ko...*ha ha ha!

Do you have piercings elsewhere?

Before *meron ako sa* tongue, *pero pinatanggal ng* boyfriend *ko dati kasi masakit daw.* I had it done *para may* something extra, *para i-please siya. Sa akin okay lang naman, kaso masakit daw sa* part *niya. Wala na kami ni* boyfriend, *pero kung masakit sa kaniya, siguro masakit sa lahat kaya hindi ko na pinabalik.*

You were wearing a crucifix when you got here. What's with that?

Religious *kasi ako, hindi lang halata*, ha ha! Although *hindi na ako nakakapag-simba ngayon.* Before, every Sunday and Wednesday, *nagsisimba ako.* I also read the Bible, but more than anything I pray.

Are orgasms something religious people like you include in prayer?

Hindi na. Ha ha ha! It comes naturally.

FHM

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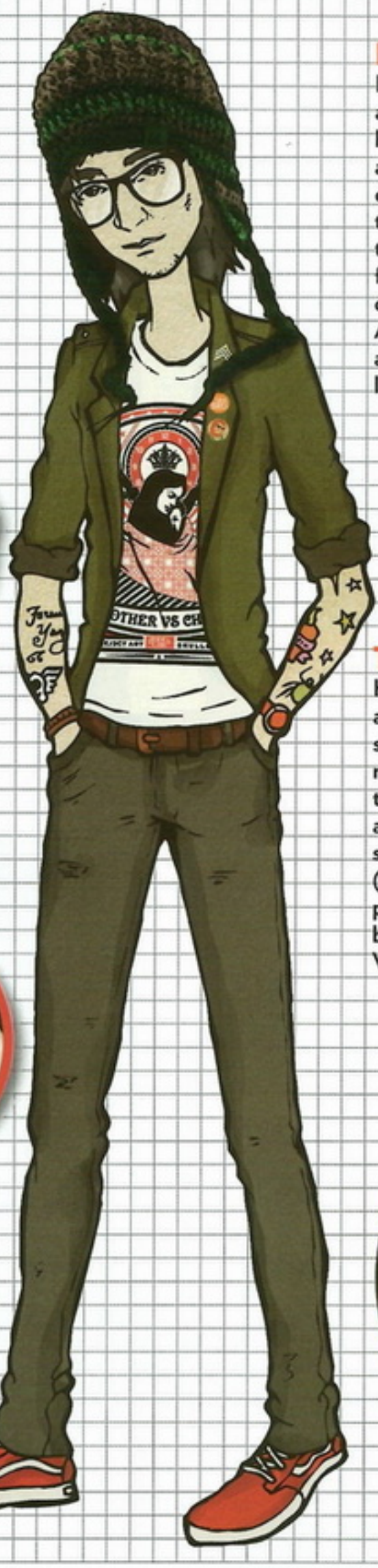
THE COOL GUY

THE HIPSTER

Urban middle class teens and adults with a penchant for the non-mainstream, dissected!

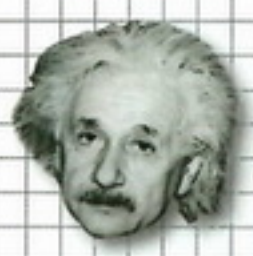
Is statistically (Malugay and Cubao X cursory head count) in his late 20s, or attempts to look and act like he is. He drops various references in pop culture, rides on two wheels average, shies away from fat-bottomed pants, endures oppressive weather conditions in favor of making statements and ultimately not being understood. In the figure illustrated herein, we attempt to understand him.



'The hair's fine, I just need some dye'

HAIR

Polar opposite of Bembol Roco's. Grown long and tangly or short but scruffy, devoid of mousse and visible hair products that betray generic I-don't-care-how-I-look hipster philosophy. The main mantra behind said hairstyle being: "I just got out of bed" and "What comb?"



ELABORATE HEADGEAR

For when male manes get too out of control and Sanrio rubber bands/a pony-tailed 'do would (1) use up too much energy, (2) be a form of grooming, and therefore considered uncool. Hipster headgears know no weather, and wooly ones with earflaps amid scorching summer heat are a welcome form of endurance.

DROOPY EYELIDS

Lazy and almost yawning, either care of cannabis and cough syrup or feigned/actual indifference to all things considered uncool in the hipster rulebook, among them "selling out," all things "mainstream" and sticker tattoos.

TIGHT-ASS PANTS

Sometimes called skinny jeans: Glute-hugging and often wide-leg-movements restricting, but to be caught in loose and baggy bottoms would mean forfeiting or thorough questioning of person in regular or hip-hop pants' hipster status.

INK

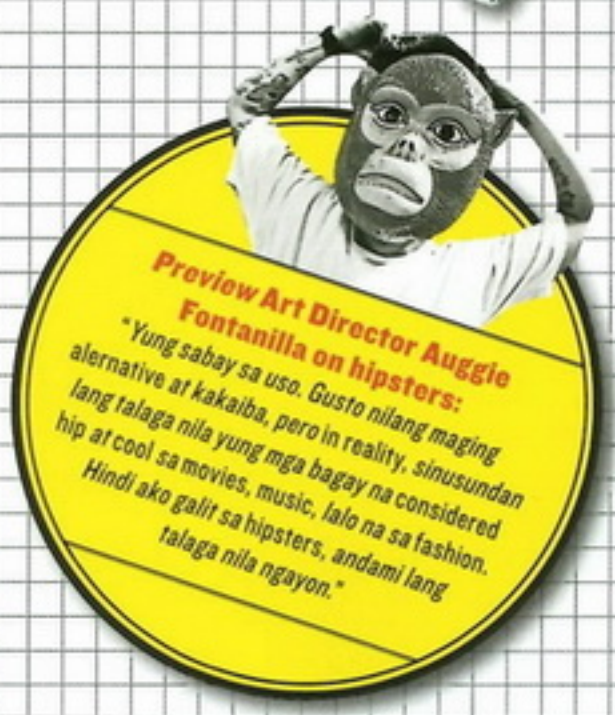
Preferably permanent, and ideally not hidden by under and over garments, especially when they're a reference to pop culture that fellow hipsters can discuss and appreciate. At least one form of animal and blocks of texts and/or symbols in languages they don't speak is per usual.

STICKER HAPPY

Used the same way animals use pee, to mark territory and property. Extends from lampposts and the back of bus seats, to iPods, cameras and a variety of personal effects.

TWO WHEELS

His idea of private transportation: casual and low key. Skateboards and pogo sticks cover less distances, are harder to maneuver, and are too "non-mainstream" to hit the big roads. Reason bikes are big hipster favorites, scoring them second hand ("vintage") ups hipster points. Motorized bikes or scooters, i.e. Vespas, up it higher.



Preview Art Director Auggie Fontanilla on hipsters:
"Yung sabay sa uso. Gusto nilang maging alternative at kakaiba, pero in reality, sinusundan lang talaga nila yung mga bagay na considered hip at cool sa movies, music, lalo na sa fashion. Hindi ako galit sa hipsters, andami lang talaga nila ngayon."

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MAXIMUM OIL KNOCK OUT

Men push themselves to the max, making them prone to oily skin.
For maximum oil control, use Master Oil Control Max Facial Scrub.

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The car thief proudly posed with his newest thropy

THE BIG CAT

Further proof that the XF S is a great *oto*

SAFETY "Aside from the eight airbags, the hood pops up to provide a soft padding whenever the car hits something. Say, you're a jaywalker and were hit by XF, you could use the hood as your bed/stretcher."

SILENT MODE "Aside from the minimal vibration I heard from under the car, I didn't hear anything else when I started it and while I was driving it. So this is what P8-million can buy."

THE SHOCKER "It runs on diesel! Yes, the same fuel that powers Sarao. OMG!"

CAN *FHM*... HANDLE AN P8-MILLION CAR?

Jaguar reluctantly hands SuperBonngg! The keys to the new XF Diesel S. We pray for the car's safety

The car you're staring at is the Jaguar XF Diesel S. And for a few hours early December last year I was allowed to abuse this P8-million machine.

Now, before anything else, let me first give the answer to this month's question: Yes, *FHM* can handle an P8-million car. Also, the fact that I'm still affiliated with

Driving instructor: Hard to please

this magazine means that I handled it pretty well—no scrapes or dents.

Jaguar Philippines Inc. invited motoring journos and a superhero (me) to join them at the Clark International Speedway to test-drive the newest addition to their line of luxury cars. We were asked to test the car's acceleration, agility, handling and braking power by maneuvering the car through a racetrack. We were also told that after a brief practice run we will get to race each other for the best time inside this big cat.

Jaguar delegated no less than professional racer Menchie Ramirez—of the famous Ramirez racing clan—and racer son Stefan to guide us as we tested the XF's capability.

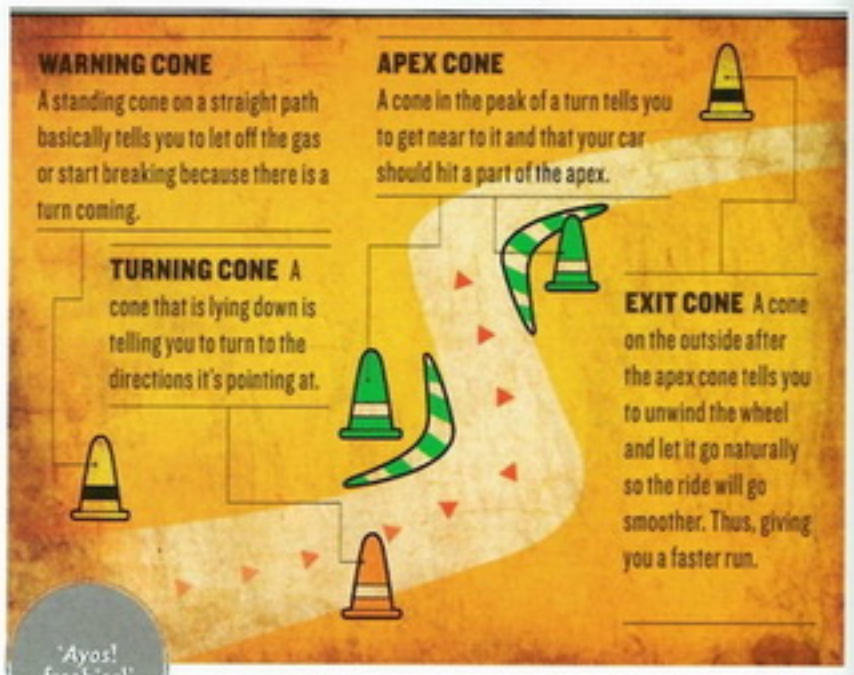
Menchie began the lecture by telling me to unleash the XF on a 100-meter straight track. I was to slowly step on the brake before reaching the "stop box" at the far end. I put the car on "S" ("It stands for Sport Drive," explained Menchie). The 245-horsepower engine, coupled with my Schumacher-esque driving skills, enabled me to reach 100kph in 10 seconds. The fastest recorded 0-100kph time for the car according to Menchie is 8.3-seconds. I did quite well.

After testing the XF's agility and braking features. Mareng Menchie told me it was now time for the real race. The track started with a slalom course, a turnaround and a dash to the finish line. Right after the finish line was a "stop box" with a cone in front. Hit it and five seconds will be added to your time. Every participant was given two runs each, with the faster run to be used as the official time. The first contestant set the bar high as he completed the course in under 20 seconds while most did it over 20.

Me? I came in second. Sure, I didn't win but I did beat some very experienced drivers—including *Top Gear's* resident gearhead Ferman Lao. And this was my first time handling a monster car like a Jaguar. I truly am superhuman.

HOW TO RACE AGAINST CONES

SuperBonngg! shares what he knows, er, was taught about racing with cones



'Ayos! freebies!'

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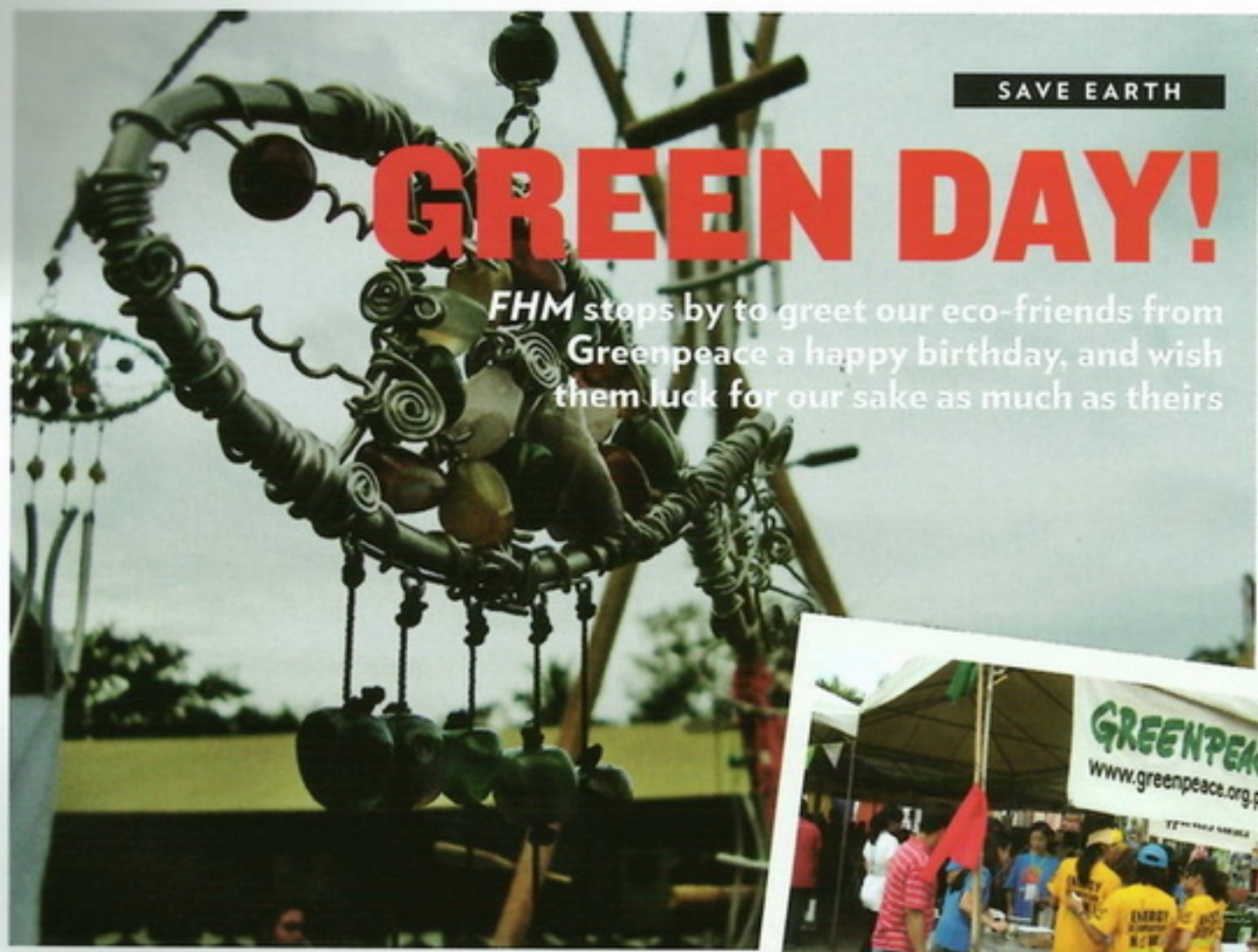
SAVE EARTH

GREEN DAY!

FHM stops by to greet our eco-friends from Greenpeace a happy birthday, and wish them luck for our sake as much as theirs



Greenpeace Philippines just turned 10. Tree huggers and the eco-conscious were abundant, but so were students and a few passing people nosing around at Harbor Square across CCP in Roxas Boulevard after lunch last November. Even a senior staffer from the office of the President was there.

"We've never had a real big celebration for our other anniversaries, most of it just passed, but 10 years is quite a milestone. And so we look back on things we've accomplished and celebrate it," says Amalie Obusan, Climate and Energy Campaigner. "But also, our 10th anniversary coincided with the coming of our ship, the Rainbow Warrior, as part of its 'Turn the Tide' Southeast Asian tour."

Here's how we can sum it all up: The retiring ROYGBIV-colored ship, which acted as a campaign vessel for the environment, was given a final look-see; face painting, wind chimes, eco-booths, non-GMO food and tents powered by solar panels were aplenty. Bands sang for the environment to cap off the night.

THE LOBBYISTS
Three landmark RP legislations Greenpeace had a hand in passing

CLEAN AIR ACT OF 1999
Improved quality of diesel and gasoline, promoted cleaner fuels, controlled and cut smog and related pollution we can sniff, significantly

ECOLOGICAL SOLID WASTE MANAGEMENT ACT
Positioned landfills in the right places, prohibited open dumps, promoted eco-labeling in products, upped the systematic collection and transportation of trash

RENEWABLE ENERGY LAW
Directed the Department of Energy and other government agencies to tap into solar, wind and hydropower and throw money in it. A call for 50 percent renewable energy proposition to P-Noy from the Greenpeace people is still being lobbied.

But there was also a lot of this "50-percent renewable energy" plastered around, to which Amalie fills in: "What we want is to have 50 percent of our power source, or where the country gets its electricity, to come from solar, wind, modern biomass and other forms of renewable energy. *Yun yung hiningi natin* from the government as their commitment to a clean and sustainable future."

Unplug now!

THE *FHM* PHOTO-BLOG: WHERE WE WENT, WHAT WE SAW

WHAT *FHM* SAW AT FETE DELA WSK THIS YEAR

Nov.26, B-Side, The Collective

DJs hard at work

Beardless Santa

Platinum man-wigs

Purple people

Evil spirits

WORDS: KHYNE PALUMAR; PHOTOGRAPHY: KHYNE PALUMAR, PURPLE PEOPLE, PAUL MONDOK

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Fashion tip#21: Wear a bandanna to create the illusion of height

SIZES

BIG BOY!

The shortest living teenager is now the shortest living man

Khagendra Thapa Magar of Nepal stands out.

To be specific, Thapa stands at 67 cm (26.4 inches or roughly two feet). Turn him sideways and he's about the size of a regular flat screen TV. That makes him the shortest living man in the world according to the Guinness World Records.

Thapa, born with a case of dwarfism to "normal-sized" parents, was an easy candidate for the title after World's former shortest living person—Chinese He Pingping—died aged 21 in March last year. Thapa is 10 cm shorter than Pingping and was four years younger when the short-people scouts of Guinness found him. Arguments whether he was yet "fully grown" kept him from being pronounced shortest,

but since he turned 18 (the general age when growth in males stop) three months ago, he can now lay claim to the title Tiniest Man Alive.

And, judging by these pictures—we say this out of total respect—the minuscule dude is also quite adorable. As long as no one steps on him.

'GREETINGS, SIR ALTITUDE'

This guy is the world's tallest man...

WORLD'S TALLEST LIVING MAN

NAME: Sultan Kosen
AGE: 27
HEIGHT: 8'1" (2.47m) or roughly four Khagendra Thapa Magars
BIRTHPLACE: Turkey

Also the record world holder for largest hands (10 inches) and largest feet (14 inches), Kosen is one of only 12 people in medical history recorded at the 8ft-mark height. Like the world's shortest, Kosen's parents and family are all of "normal height." Unlike him, Kosen comes in handy when changing light bulbs and hanging curtains.

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hoyu

YOUR HEART

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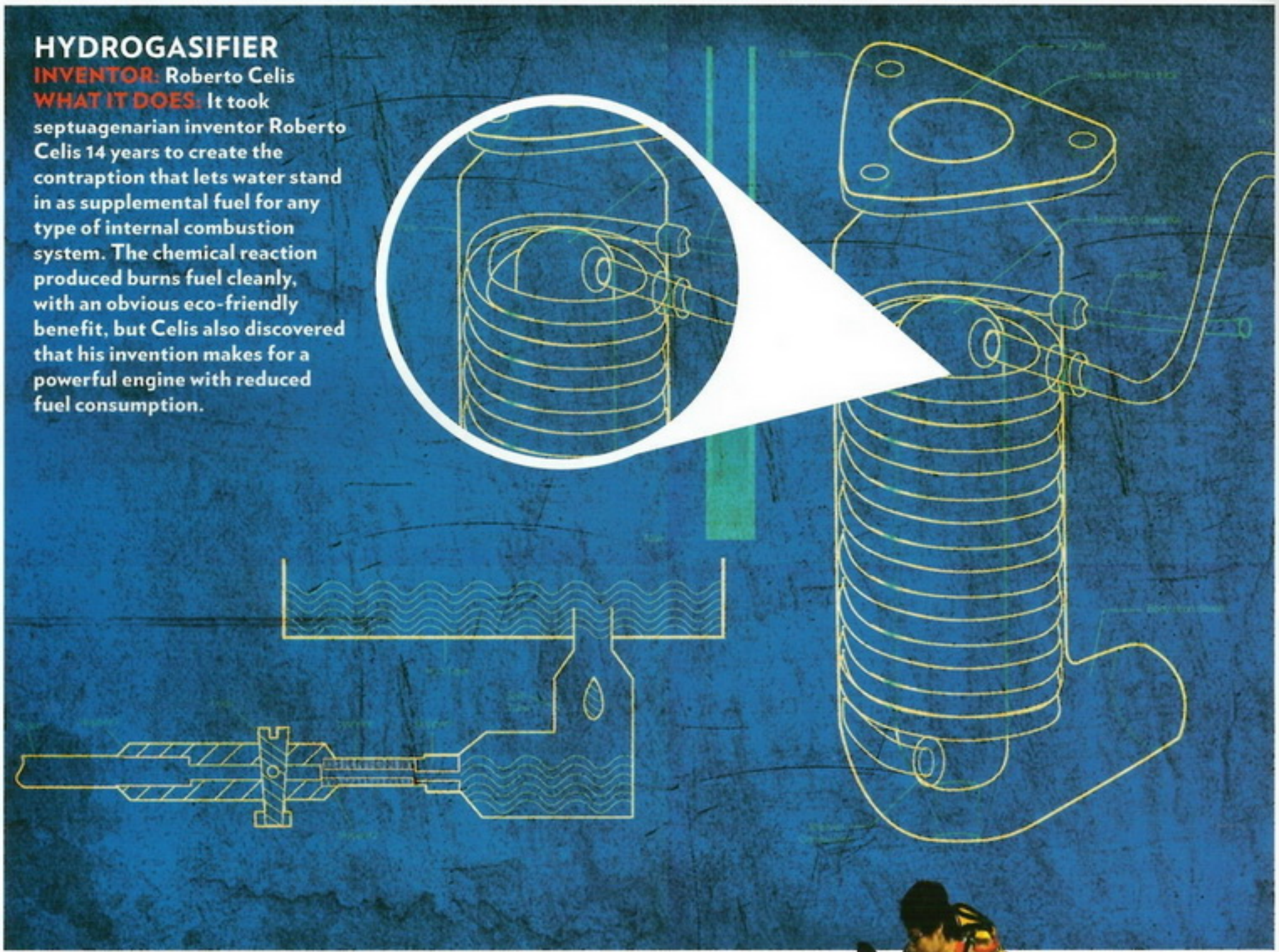
FHM LISTS...UNHERALDED PINOY INVENTIONS

Add these to the vitamin beer and moon buggy as local works of ingenuity

HYDROGASIFIER

INVENTOR: Roberto Celis
WHAT IT DOES: It took septuagenarian inventor Roberto Celis 14 years to create the contraption that lets water stand in as supplemental fuel for any type of internal combustion system. The chemical reaction produced burns fuel cleanly, with an obvious eco-friendly benefit, but Celis also discovered that his invention makes for a powerful engine with reduced fuel consumption.



INVENTIONS WE WISH WE THOUGHT OF

Quirky! Downright stupid! Original! These 'little ideas' will supposedly change the world

HAYFEVER HAT

Inventor Kenji Kawakami took pity on all *uhugin* citizens of the world and created a hat that dispenses tissue right in front of your face. This crazy inventor also came up with an alarm clock with a snooze button located in the middle of a field of sharp pins.

BIKINI JEANS

A pair of sexy, low-slung jeans and a rhinestone-studded thong in one piece of clothing makes dressing easier for the women and undressing them easier for the men. Again from the Japanese, who sought to make life simpler by eliminating underwear.

MUSCLE SUIT

Tokyo Science University students thought that a specially molded suit fitted with a regulator and air compressor would help puny Japanese workers lift and carry heavy loads easier, as well as live their dreams of looking like Ironman.

BUTTER STICK

Literally a stick of butter in what looks like a retractable cylinder. Spreading some on bread has never been this easy (or lazy). It's so simple we wonder why no one ever thought of it before.

WORDS: MICH R. LAGDAMEO, KHYNE PALUMAR, ILLUSTRATION: JOHN LAURENCE PATULAN

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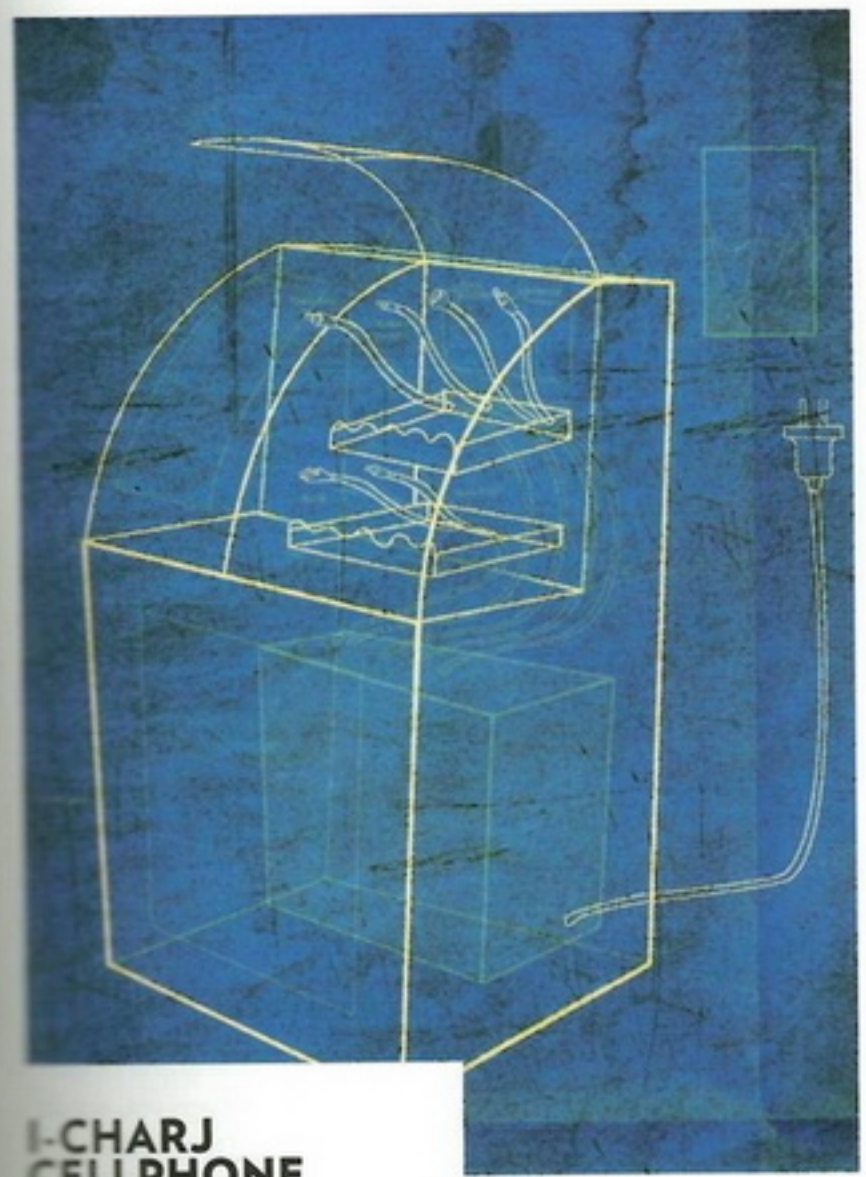


DEBCC ANTI-CANCER SKIN CREAM

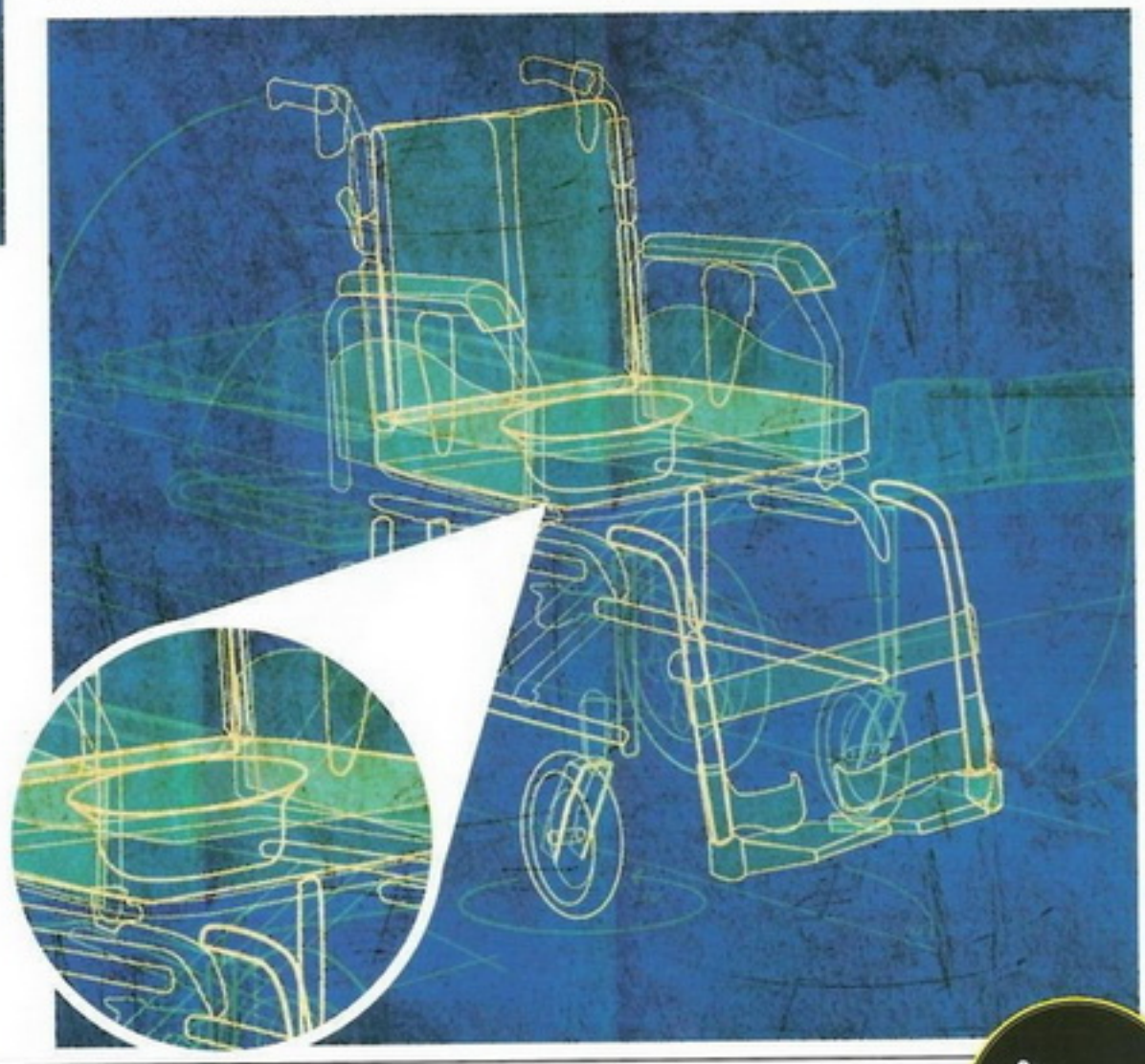
INVENTOR: Rolando Dela Cruz
WHAT IT DES: After creating mole and wart removal creams, Dela Cruz took it a step further and formulated a topical cream that treats basal cell carcinoma, the most common form of skin cancer. Made of cashew nuts and local herbs, it won top prize at competitions in Russia and Germany.

I-CHARJ CELLPHONE CHARGER

INVENTOR: Aquilino Tubigan Jr.
WHAT IT DOES: You have Mr. Tubigan to thank for the ubiquitous proliferation of cellphone charging stalls at malls and convenience stores. I-charj, which bagged for him top honors at a US trade show in 2008, jolts your phone, iPod and PSP back to life in exchange for a few coins.

THE SUPER WHEELCHAIR

INVENTOR: Dr. Antonio Mateo
WHAT IT DOES: Dr. Antonio Mateo's AMECOS Innovations Inc houses all his quirkily useful creations. Designed for bedridden elderly folks, the Super Wheelchair is convertible to a bed, a commode (cushioned seat doubles as toilet) and shower (once hooked onto a faucet). A headrest does double duty as a table, too.



WE'RE GIVING AWAY STUFF!

EXCEPT FOR BEER, YOUR WELL-BEING IS THE ONLY THING THAT KEEPS US AWAKE AT NIGHT

Send pictures only to fhmphil.stuff@gmail.com

GET WET FOR A WIN!

Send us a photo of yourself trying out a board or water sport (surfing, wakeboarding, windsurfing, etc.) while dressed in something totally unrelated to what you're doing (a priest's frock, Barong Tagalog, a tuxedo) and get a chance to take home a Billabong tee from Aloha Boardsports. Awkward pictures in by February 15!

SUMMER COMES EARLY

It's almost summer—well, give or take a few months. A picture of yourself relaxing and hanging out (topless or bottomless sunbathing, for instance) by a water source (river, *estero*, a puddle of water) gets you a chance to own a fit-for-summer Billabong tee from Aloha Boardsports. Make us laugh by February 15!

STILL STUCK ON SUMMER

The good people at Aloha Boardsports are so concerned of what your summer wardrobe will consist that they donated trendy shirts. But, obviously, we can't give everyone a tee. So whoever sends us a photo of his non-existent abs (we mean beer bellies; the bigger, the better) gets to cover it with an a Billabong tee from Aloha Boardsports. Make us squirm by February 15!

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BAR ROOM JOKES

Funny how none of these jokes have anything to do with Valentine's Day

JOKE OF THE MONTH

THE MOST SUCCESFUL

Four old buddies are hitting the greens one day. While one is detained in the clubhouse, the other began discussing their children while walking to the first tee. "My son Kent," says one, "has made quite a name for himself in the home-building industry. He began as a carpenter, but now owns his own design and construction firm. He's so successful that the last year he gave a good friend a brand new home as a gift." The second man, not to be outdone, tells how his son began his career as a car salesman, but now owns a multi-line dealership. "Norm's so successful that in the last six months he gave his friend two brand new cars as a gift." The third man's son, Greg, has worked his way up through a stock brokerage, and in the last few weeks has given a good friend a large stock portfolio as a gift. As the fourth man arrives at the tee, another tells him that they have been discussing their progeny and asks what line his son is in. "To tell the truth, I'm not very pleased with how my son turned out," he replies. "For 15 years, Chico's been a hairdresser, and I've just recently discovered he's gay. However, on the bright side, he must be good at what he does because his last three boyfriends have given him a brand new house, two cars, and a big pile of stock certificates."

Jason Raymundo, by email

Orange gets a Playboy gift pack from Unisell

Envious? Then send your entry to: *fhm* Bar Room Jokes, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer st., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

THE TEXAN HEIMLICH

A man from Texas was sitting at a bar, when a young lady began to choke on a hamburger. The Texan rushed over to the lady to help. He held both sides of her head in his big, Texan hands, and asked, "Kin ya swaller?" Gasping, she shook her head no. "Kin ya breathe?" She again shook her head no. With that, he yanked up her skirt, pulled down her panties and licked her butt. The young woman was so shocked that she coughed up the piece of hamburger and began to breathe on her own. The Texan sat down on the nearest chair and told the girl, "Ya know, it's sure amazin' how that hind-lick maneuver always works."

Orange, by email

NEVER TRUST LAWYERS

One day a madam opened the brothel door and saw a rather dignified, well-dressed man in his early fifties. "May I help you?" she asked. "I want to see Valerie," the man replied. "Sir, Valerie is one of our most expensive ladies. Perhaps you would prefer someone else," said the madam. "No. I must see Valerie," he replied. Just

then, Valerie appeared and announced to the man that she charged $5,000 a visit. Without hesitation, the man pulled out $5,000 and gave it to Valerie, so they went upstairs. After an hour, the man calmly left. The next night, the same man appeared again, once more demanding to see Valerie. Valerie explained that no one had ever come back two nights in a row because it was too expensive and she didn't give out discounts. The price was still $5,000. Again the man pulled out the money, gave it to Valerie, and they went upstairs. After an hour, he left. The following night the man was there yet again. Everyone was astounded that he had come for a third consecutive night, but he paid Valerie and they went upstairs. After their session, Valerie questioned the man. "No one has ever been with me three nights in a row. Where are you from?" she asked. The man replied, "South Carolina." "Really," she said. "I have a family in South Carolina." "I know," the man said. "Your father died, and I am your sister's attorney. She asked me to give you your $15,000 inheritance."

Christian Davis, by email

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PEEK

YOUR LEISURE TIME RATED AND SORTED

MUSIC

MR. BONES AND THE BONEYARD CIRCUS

The horror rock band on creepy beginnings, Johnny Cash and the occasional road kill

WORDS: ANTON D. UMALI; EDWIN SALLAN; PHOTOGRAPHY: PAUL MONDOK

There are six of you. How did you all get together?

Mr. Bones (vocals): Actually, I've known **Juni Devecais (guitars)** for years already. It all started while I was still playing with Hilera and the lead singer from Reklamo told me, "You know what, I think you should start your own thing." So I called Juni and said, "Hey, you remember me?" And he was, like, "Of course bro!" Then I said, "You want to start this side project? I want to do this weird circus-type sort of thing."

Shaun Hilario (drums): I played drums with Juni for Liver Switch before. Back then we played gigs with **JM Godinez (bass)** and **Alvin Chan (guitars)**. We all knew each other from way back.

Juni: We had a different keyboardist. Although he was talented, he didn't quite mesh with us. So we asked Francis Brew for advice and he recommended **Karl Vito Cruz (keyboards)** to us.

How does the music writing synergy work out for you?

Shaun: In *The Horror Scene*, a lot of the music was already demoed. It was a matter of us putting in the framework.

Mr. Bones: Some of the songs, I wrote when I was 15. It has been my hobby to play in a garage band and my half-brother Chris Padilla from Hilera helped out with the other songs.

You describe yourself as more of horror rock. Can you explain the genre to us?

Mr. Bones: Yes, we aren't really psycho-billy as some would classify us, it's more horror rock. There is a bit of psycho-billy in there and what we'd like to call theatrical macabre.

Have you guys always been interested in things that are ghoulish and ghastly?

Mr. Bones: I've always been into theater!

Shaun: Stuff like Dracula, *The Rocky Horror Picture Show* and *Phantom of the Opera*.

Juni: As far as I can remember, at a very young age I was already into horror flicks. I loved all the monsters!

With NU107 shut down, do you think there's still an avenue for your kind of music?

JM: With a band like us, personally I didn't think we would do so well. It's a good thing we seem to be okay so far because people keep asking us about our shows and gigs.

Mr. Bones: Metal will always be there! It never went away!

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What steps are the band taking to level things up?

Mr. Bones: A show! Musical-metal-theater-of-the-macabre-circus show!

Shaun: We've been shooting a lot of ideas on what the next album should be about. We've already started writing and playing around with it so you can expect it this year.

What new stunts can we expect in the second album?

Mr. Bones: Even crazier work. More death and dancing ladies on poles, ha ha! And hot, hot leather!

Shaun: Yes and the ladies will be all shriveled and shit. Ha ha!

Who do you guys turn to when you need to get the creative juices flowing?

Mr. Bones: There's a whole lot but I'm not going to name them all, but Rob Zombie and Johnny Cash.

Alvin: We all come from different backgrounds of music *kaya mayroon kanya-kanyang* preference. That's why our album is a mix of different stuff. Chop-chop *siya*.

What's the most gruesome thing you guys have experienced?

Mr. Bones: The roads here. Yes, the bloody roads here, a lot of road kill, I love it!

What can we expect from a Mr. Bones and the Boneyard Circus show?

Mr. Bones: It's a Frankenstein!

Karl: Be afraid.

Alvin: A nightmare come true... but in a fun way! Ha ha ha!

SWAN SONG

THE BAND CLUES US ON THE SONGS THEY'D TAKE TO THE GRAVE

MR. BONES'S SONG CHOICE:
"RUSTY CAGE" BY JOHNNY CASH
Written by Soungarden's Chris Cornell and covered by "The Man in Black" in his album *Unchained*.

KARL'S SONG CHOICE:
"LIGHT MY FIRE" BY THE DOORS
This psychedelic anthem ranked No. 7 in VH1's Greatest Songs of all Time was actually the last song that the "Lizard King" performed before he died in 1971.

ALVIN'S SONG CHOICE:
"GOD IS A SURFER" BY NOEL MENDEZ
Set to sounds that remind you of sun, sand and sea, it's likely to be the hymn of dudes trying to catch a good wave.

JUNI'S SONG CHOICE:
"SO I QUIT" BY FILTER
This industrial song will have you screaming: "You're gonna fucking die you piece of shit!"

SHAUN'S SONG CHOICE:
"ROUNDABOUT" BY YES
Nothing screams progressive like Brits in fur boots. It's one of the band's most recognized songs.

JM'S SONG CHOICE:
"UNDER PRESSURE" BY QUEEN
Awesome collaboration till Vanilla Ice ripped it off for "Ice Ice Baby."

EAR DROPS

BIG SOUND, SMALL REVIEWS

RECORD COLLECTION

MARK RONSON & THE BUSINESS INTL
(Sony)

Plug in "Bang Bang Bang" and "Hey Boy" if you want to shake your moneymaker, while tracks like "Introducing The Business" will have you spitting like a professional emcee. Laced with catchy synths and sexy vocal specs, the tracks in this collection are in tune with the effervescent clubbing scene. Club kids will no doubt be shaking their heads and stomping feet to a hyper mix of hip-hop and electronic-influenced anthems that only spin-savant Ronson can deliver.

HAPPINESS

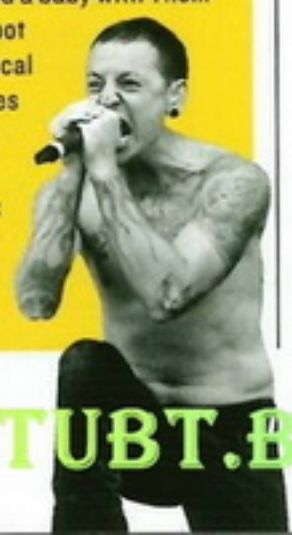
HURTS
(RCA)

Where are the espadrilles and leggings? It seems we're back in the '80s. In the throes of synthpop gaining attention, this English pop duo's debut album is a sea of melodies muddled with a lot of unnecessary orchestra ensembles and theatrics. The result: a watered-down version of Spandau Ballet, with some tracks serving as a bit of saving grace. Listen to "Devotion" featuring hot tart Kylie Minogue and drown yourself in a tonful of sap.

A THOUSAND SUNS

LINKIN PARK
(Warner)

Produced by vocalist Mike Shinoda and Rick Rubin, this experimental undertaking may be what the band needed to divert their sound into a new, softer, space age version. "The Requiem" sounds like they spawned a baby with Thom Yorke while "Robot Boy" adds classical piano sensibilities to a modern day ballad. Guilty pleasure button: press and don't release.



FRANCO

FRANCO REYES AND BUWI MENESES ON THEIR SUPERBAND STATUS AND MEGAN FOX

TRACK LIST

01 Seasons
02 Touch The Sky
03 Castaway
04 Memory Kill
05 A Mass for the End of Time
06 Last Waltz
07 Next Train Out
08 Song for the Suspect
09 Tetrahydrochloridedub
10 This Gathering
11 For My Dearly Departed

What did you guys learn from spending time together, promoting your album?

Franco: We learned that it's hard to have everything done right every time and please everyone.

With Gabby Alipe and Janjan Mendoza of Urbandub, Buwi from Parokya and Franco from Frank, you're expected to be huge. Feeling the pressure?

Buwi: We really weren't aiming for a big bang. We wanted to come up with a project band that is relevant and close to what we have been doing.

Franco: We're just a bunch of friends playing music together, that's all there is to it. As for expectations, I don't let that get to me. I just tend to write what's on my mind and hope it'll come out right.

Does the demise of NU107 worry you, at least in terms of airplay lost? Do you have a plan B?

Franco: The web has been a formidable force in showcasing bands from different genres and backgrounds to anyone who has access to the Internet. The demise of NU107 is a big factor but that shouldn't discourage anyone who wants to get music out. If it's good music, people will hear it.

What changes do you expect to implement on the next recording?

Buwi: We hope to get members to chip in more of their ideas, more recording tricks. As for touring, we managed to travel as professionally as possible. Our priorities remain no mishaps, no injuries and no illegal drugs.

If you had day jobs, what would they be?

Buwi: Masseuse.

Franco: I've done a lot of regular and odd jobs when I was living in California, so getting one here woudn't be any different.

If you have one more room for one more member, who would he or she be?

Buwi: Megan Fox, no question!

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Hulk didn't take the rejection all too well.

MARVEL VS. CAPCOM 3: FATE OF TWO WORLDS

Tokens unnecessary. Press start to continue...

First order of business in this three-on-three beat 'em up game: Choose your characters wisely. There are 30 playable heroes available, with Captain America, Iron Man, Magneto, Hulk, Doctor Doom and Wolverine leading the Marvel side and Ryu, Zero, Jill Valentine and Chris Redfield representing the Capcom pack. Unlike in most fighting games, which require you to press a combination of buttons in specific order, *Marvel Vs. Capcom* uses a simplified, three-button control scheme that can deliver light, medium and hard attacks. The battles are quick, characters are fast and the graphics are incredibly lush courtesy of the game's 3D animation. Its online mode lets you test your button-mashing mettle against other gamers from all over the world via the PlayStation and Xbox Live networks.

High: The game's character roster is unconventional, a mix that includes new faces and all-time favorites like She-Hulk, X-23 (*X-Men*), Tronn Bonne (*Megaman*) and the like.

Low: Sadly, Cable and Iceman are missing in action.

Verdict: An awesome comeback for a game we haven't heard from in a while. Ready, fight!

'Teka, teka! 'Di 'to *Mortal Kombat!*'

FAST FACTS

Silver Surfer was initially included in the game but was axed at the last minute due to the complications his surfboard brings to the fighting engine.

Capcom's Jill Valentine and Marvel's Shuma-Gorath are available as downloadable content on the Playstation Network and Xbox Live.

MIXING IT UP

OTHER VIDEO GAME CROSSOVERS YOU MAY HAVE MISSED

SUPER SMASH BROTHERS (NINTENDO)

This fighting game classic kicked off with 12 characters in 1999 and grew to 35 in 2008 with Super Mario, Donkey Kong, Link (*Legend of Zelda*), Solid Snake (*Metal Gear*) and Sonic the Hedgehog getting enlisted on its roster.

KINGDOM HEARTS (PLAYSTATION 2)

This is a role-playing, adventure title with a 25-hour long game play. Joining forces here are beloved Disney characters like Mickey Mouse, Donald Duck and Goofy and Final Fantasy staples like Sora and Riku.

MORTAL KOMBAT VS. DC UNIVERSE (PS3, XBOX 360)

It's a clash between the DC Universe led by the big three of Superman, Batman, Wonder Woman and the cast of *Mortal Kombat* like Liu Kang, Sub-Zero, Scorpion, and Raiden. Bloody and gory fun.

GAME BITS

KILLZONE 3

(PS3)

Sev returns and finds himself caught in the crossfire between two warring empires. Being the first *Killzone* title on the PlayStation, gamers can now enjoy its revamped attack system, which makes new guns like the WASP rocket launcher a treat to use.

VERDICT: Gameplay's not as heavy as Killzone's previous epic outing.

LOOKS LIKE: *Halo*

MINDJACK

(PS3, Xbox 360)

It's a third-person shooter that enables you to attack opponents multiplayer style. Play as Jim, a federal agent who can hack into anyone's brain. You take over civilian bodies and control them to do what you want. Online mode lets others jump in and out of bodies to help Jim out.

VERDICT: It's a multiplayer game happening in a single-player environment.

LOOKS LIKE: *Mass Effect*

NBA JAM

(PS3, Xbox 360, Wii)

No outside lines, no fouls, no rules. Staying true to the street basketball concept of the original, EA Sports features a 2-on-2 game with over-the-top dunks, balls on fire and monster slams. There are also unlockable characters to play for your team. Weird ones like George W. Bush, Barrack Obama and Bill Clinton included.

VERDICT: Classic arcade hoops—revamped!

LOOKS LIKE: Level Up's *Freestyle Online*

WORDS: MIKEY AGULTO

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Actors were hit the hardest in the economic turmoil

07

FILM

JOEL TORRE

The acclaimed actor on the state of Philippine cinema, doing *Amigo* and those damn Yankees

How was it working with American director John Sayles for *Amigo*?
Delightful. He's very thorough and very clear on what he wants. I've known John for quite some time now. He's also an actor's director, *sobrang bait* and good-natured. *Hindi siya naninigaw* or *nagagalit*, he's a lax and calm man who knows what he wants.

How do you tell apart an American from a Pinoy director?
There are differences, definitely. Some of the terms they use are different. It's not the creativity that's different, it's the system. They work on an eight-hour or 12-hour schedule. *Hindi ka pagod kasi may* two-hour break, *hindi ka rin puyat*. Culturally, *mas* person-oriented *ang* Filipinos, *sila* very business-oriented, *walang personalan*.

This flick, *Amigo*, what's it about?
It's about the Filipino-American war. It's about a village garrisoned and occupied by American soldiers while they were pursuing Emilio Aguinaldo. *Para hindi sila i-attack sa likod, kailangan nila bantayan itong* village *na ito*. In this barrio, *mayroong mga rebolusyonaryo* who are also in conflict with each other, so those who suffer most are the innocent villagers. Here, I play the *kapitan del baryo*, the guy who needs to put everything in balance but wouldn't, couldn't. Ha ha ha! It's really an anti-war film; the same idea in the case of Iraq, but this is more about the first campaign of the Americans.

Doing a period piece must be a challenge.
It's one of the few films about the Fil-American war. Plus, interestingly, it took an American to write Filipino characters but the way he presented it was spot-on. He really did his research. *Sabi ko nga sa kanila, dati ang dami na nating ginawang pelikula* about the war with the Spaniards. Finally, the Fil-Am war will be given a chance to take light. It wasn't really overlooked, but there was a deliberate attempt to not divulge it, to suppress it.

You did *Bayaning Third World*. What made this film stand out from past projects?
For one, the subject matter. It's different because you have an American telling a Filipino story. It's a history lesson stripped down from our books. Also if you look at it closely, its themes are still relevant today.

Do you think Philippine cinema is still struggling?
I think we're headed in the right direction. There's always room for growth. We have the talent, if only we had the economics for support, as well as an audience to watch them. One thing we need to improve on is our post-production technical skills. It's an area we need to develop so we can be globally competitive. Distributors not only look at the story, acting and talent, they need a well-executed project. Post-production really means a lot.

GOOD MORNING, VIETNAM!

INTERESTINGLY, JOEL TORRE'S TOP WAR MOVIE LIST ARE ALL SET IN THE LAND OF PHO-HOA. SHELL-SHOCKED?

FULL-METAL JACKET (1987)

DIRECTOR: Stanley Kubrick
CAST: Matthew Modine, Vincent D'Onofrio

This critically acclaimed work of the American master is cut into two major parts: the American soldier's basic training camp and the actual bloodshed in Vietnam. It delves into the psychological aspect of becoming and actually being a soldier. When Private Pile (D'Onofrio) fails his troop and wilts under pressure, the true nature of a man under fire is exposed, showing that simply training for war can be a battle in itself.

APOCALYPSE NOW (1979)

DIRECTOR: Francis Ford Coppola
CAST: Marlon Brando

If the names Coppola and Brando are attached to it, you know there's no losing end. Heralded as one of the greatest cinematic portrayals of the Vietnam War, it's *the* war film to see. Actually shot in Baler, Quezon, it's about an American troop whose morals are tested by war travesties. The deeper they head into the jungle the darker their souls get.

PLATOON (1986)

DIRECTOR: Oliver Stone
CAST: Charlie Sheen, Willem Dafoe

Forget you saw *Wall Street 2* and head back to 1986 when Oliver Stone was making films that mattered and kicked ass! The story revolves around a young Vietnam recruit who is challenged by man's dual nature when he finds out that this war stuff is not all it was cut out to be. Winner of four Oscars including Best Picture and Best Director, *Platoon* paints a picture of man at his strongest and most vulnerable all at once.

REELS ROLLING

Popcorn match this month...

08

TRUE GRIT

CAST: Jeff Bridges, Matt Damon,
DIRECTOR: Ethan and Joel Coen
SHOWING: February 23

This western by the Coen brothers guarantees action and quirk in one dark piece of brilliance. When henchman Tom Chaney kills the father of a 14-year-old girl, the daughter sets out on a fit of revenge. The Coen brothers stamp this revenge-plot with their touches of terror.

09

BLACK SWAN

CAST: Natalie Portman, Mila Kunis, Vincent Cassel
DIRECTOR: Darren Aronofsky
SHOWING: February 23

Aronofsky presents another mind-bender. Nina (Portman) is wrapped-up in ballet. When a chance to play the lead in *Swan Lake* comes up, she's forced to explore the malicious side of her being. Expect some girl-on-girl.

10

VANISHING ON 7TH STREET

CAST: Hayden Christensen
DIRECTOR: Brad Anderson
SHOWING: February

Imagine people you know vanishing into thin air for no apparent reason. This is the premise of this thriller that dwells on darkness and isolation. When a power outage hits the city, total darkness takes over and people find themselves alone and struggling to survive.

WORDS: ANTON D. LIRAWI

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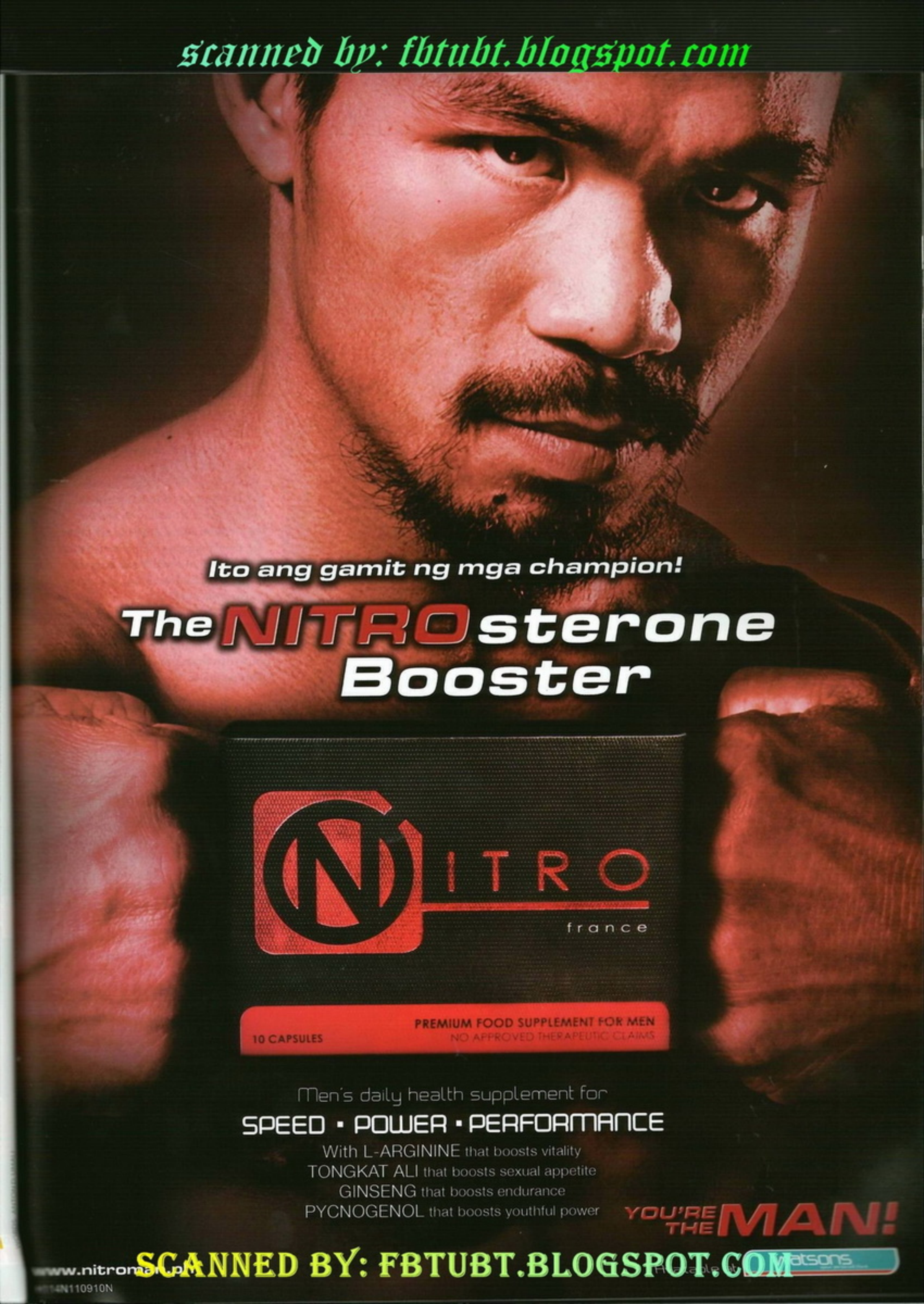

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'It's your dad. Hide the dildos'

DVD

TO THE LOVE SEAT

Nothing like a jolt of action, comedy, horror and suspense to fire up the day of hearts

MR. AND MRS. SMITH

Who: Brad Pitt *(dangerous)*, Angelina Jolie *(armed)*

Welcome to the birth of Brangelina. They play assassins in war and in love. What's troubling is, another liquidation squad is out to off them. So they postpone killing each other and duke it out with their hunters first. Amid bullets flying, buildings exploding and Benzes tumbling over, the couple eventually patch things up. With just five minutes left on the film, the stars finally have hot, torrid sex—and with that Jennifer Aniston is Mrs. Pitt no more.

BELLE EPOQUE

Who: Fernando Fernán Gómez *(playboy)*, Penelope Cruz *(wants to play)*

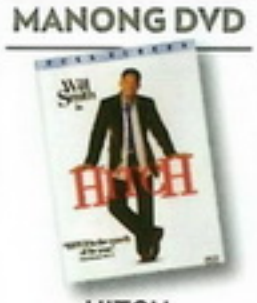
What's it about: It's 1931 in Spain. A soldier leaves the military to stay in a country home owned by an old man with four daughters—a lovesick widow, a lesbian who cross-dresses, a social climber and a naïve *bunso*. Incredibly, the soldier somehow manages to have an affair with each sister. With the right mix of light storytelling, quirky humor and European countryside charm, this is a movie date option to consider. *Belle Epoque* is the type of film that can get you in the mood for love—as soon as the end credits roll.

SUSPIRIA

Who: Jessica Harper *(dancer)*, Flavio Bucci *(sinister)*

What's it about: If your lady is into horror more than rom-com fare, consider popping this 1977 Italian thriller in the player. Nightmare ensues as quickly as dancer Susy Banyon enrolls in a German ballet school. Talking bats on steroids, maggots falling from the ceiling, murderous dogs and a mysterious red spotlight are just some of the things the aspiring and very terrified ballerina has to contend with. It's 90 minutes worth of fear will most likely keep you awake. Plan something sexy to do to relax.

MANONG DVD



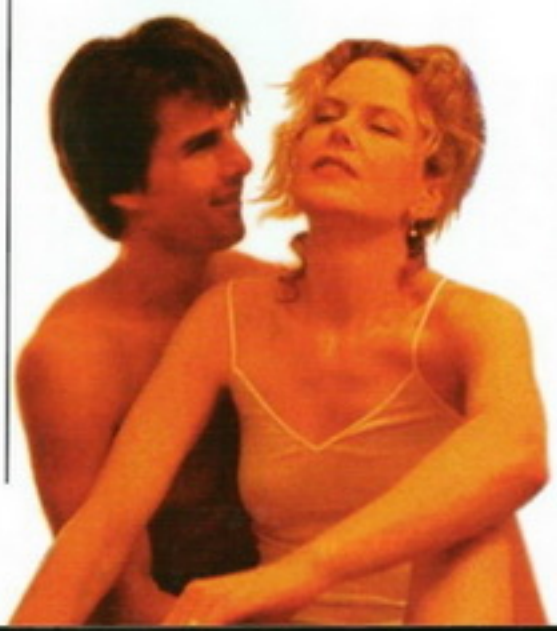
HITCH

Hitch, who is black man in this movie (Will Smith) is like me, you know. Like me, he is expert with the *chickababes*. He also teach *mga pares* the right *diskarte* to be a Mr. *suabe* with all the beautiful ladies out there! And also Sara in this movie (Eva Mendes), that lady in the box with *nunal* like of Ate Guy. This girl is very sexy. I know because there it is in the movie, I even press pause to make sure.

EYES WIDE SHUT

Who: Tom Cruise *(kinky)*, Nicole Kidman (kunsintidor)

What's it about: Dr. Bill Harford (Cruise) and Alice (Kidman) are a happily married couple who often frequent black-tie galas where the champagne's a bottomless treat. One day, Harford discovers a festivity where people in cloaks and masks participate in orgies. Temptation takes over and soon he and Alice find themselves sucked into this sexually charged world. With this controversial flick, brilliant director Stanley Kubrick turns you on for the very last time.



WORDS: JED CASCOJO

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MATT DAMON EMILY BLUNT

THE ADJUSTMENT BUREAU

THEY STOLE HIS FUTURE. NOW HE'S TAKING IT BACK.

UNIVERSAL PICTURES AND MEDIA RIGHTS CAPITAL PRESENTS A GAMBIT PICTURES PRODUCTION IN ASSOCIATION WITH ELECTRIC SHEPHERD PRODUCTIONS A FILM BY GEORGE NOLFI MATT DAMON "THE ADJUSTMENT BUREAU" EMILY BLUNT ANTHONY MACKIE JOHN SLATTERY MICHAEL KELLY AND TERENCE STAMP CREATED BY AMANDA MACKEY & CATHY SANDRICH GELFOND EXECUTIVE PRODUCER MARK RUSSELL ASSOCIATE PRODUCER ERIC KRIPKE PRODUCED BY JOEL VIERTEL MUSIC BY THOMAS NEWMAN EDITED BY JAY RABINOWITZ PRODUCTION DESIGNER KEVIN THOMPSON DIRECTOR OF PHOTOGRAPHY JOHN TOLL ASC ASSISTANT DIRECTOR ISA DICK HACKETT JONATHAN GORDON PRODUCED BY MICHAEL HACKETT GEORGE NOLFI BILL CARRARO CHRIS MOORE BASED UPON THE SHORT STORY BY PHILIP K. DICK

MRC WWW.THEADJUSTMENTBUREAUMOVIE.CO.UK WRITTEN BY GEORGE NOLFI DIRECTED BY GEORGE NOLFI A UNIVERSAL RELEASE UNIVERSAL

IN THEATERS 04 MARCH

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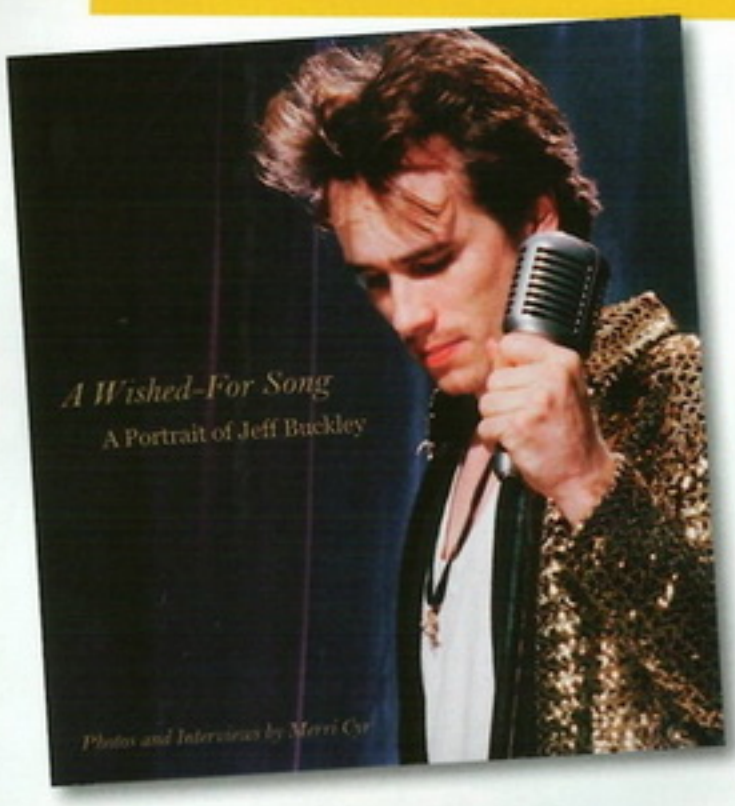
BOOKS

ROCK YOU OUT

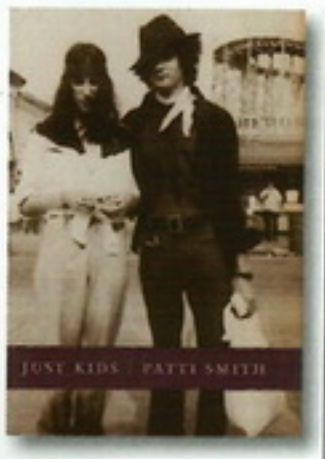
An intimate look at how our beloved legends lived, survived and became immortals



A WISHED-FOR SONG: PORTRAIT OF JEFF BUCKLEY

Merri Cyr

Jeff Buckley's untimely death in 1997 was a tragedy, but it certainly kept biographers looking for an easy buck at bay. This intimate, image-heavy book contains a collection of photos chronicling the life of the singer-songwriter who hoped to change the world with his music. It's a story told through photos by Buckley's friend Merri Cyr and tributes by Buckley's closest friends and fans. The short life of an unforgettable musician chronicled.



JUST KIDS

PATTI SMITH

Patti Smith writes how her art thrived in a place she bravely entered with nothing but guts. The book focuses on her relationship with a poor and starving artist she met in New York City. Theirs was a relationship rooted in love for art and music. That's until the man realized he was gay.

SCAR TISSUE

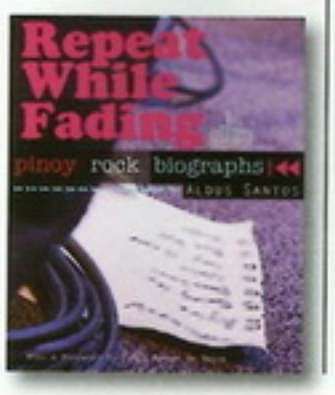
ANTHONY KIEDIS, LARRY SLOMAN

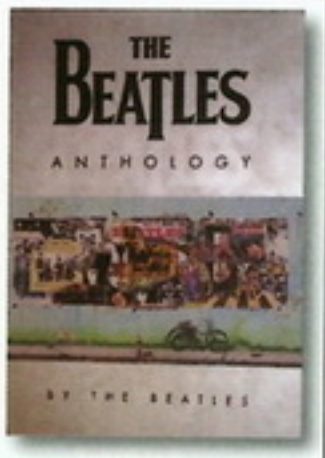
Red Hot Chili Pepper front man writes about his turbulent life—from how he lost his virginity to his attempts at sobriety. Kiedis shares experiences no RHCP song has ever directly confessed. A quick but intense read that makes you see albums like *Blood Sugar Sex Magic* in a different light.

REPEAT WHILE FADING: PINOY ROCK BIOGRAPHS

ALDUS SANTOS

This book on the evolution of Pinoy rock begins where music critic Eric Caruncho's *Punks, Poets, Poseurs* ends, which is in the Pinoy rock scene of the 1990s. *Repeat While Fading* chronicles the history of Pinoy rock at the turn of the millennium, with stories on acts like Eraserheads, Rivermaya, Wolfgang and Sandwich as well as new names in the scene like Pupil, Peryodiko and the like. Also landmark pieces on legends such as Joey "Pepe" Smith, Joey Ayala and The Wuds.

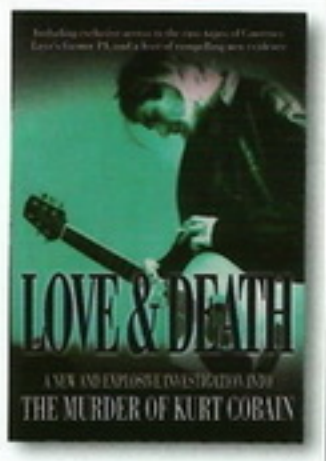




THE BEATLES ANTHOLOGY

THE BEATLES

Hundreds of books have already been written about the Fab Four but if you're looking for something that's visually and emotionally stimulating, this is the one to buy. Stories by The Beatles are seamlessly interwoven to form an almost perfect account of everything that transpired in their legendary careers.

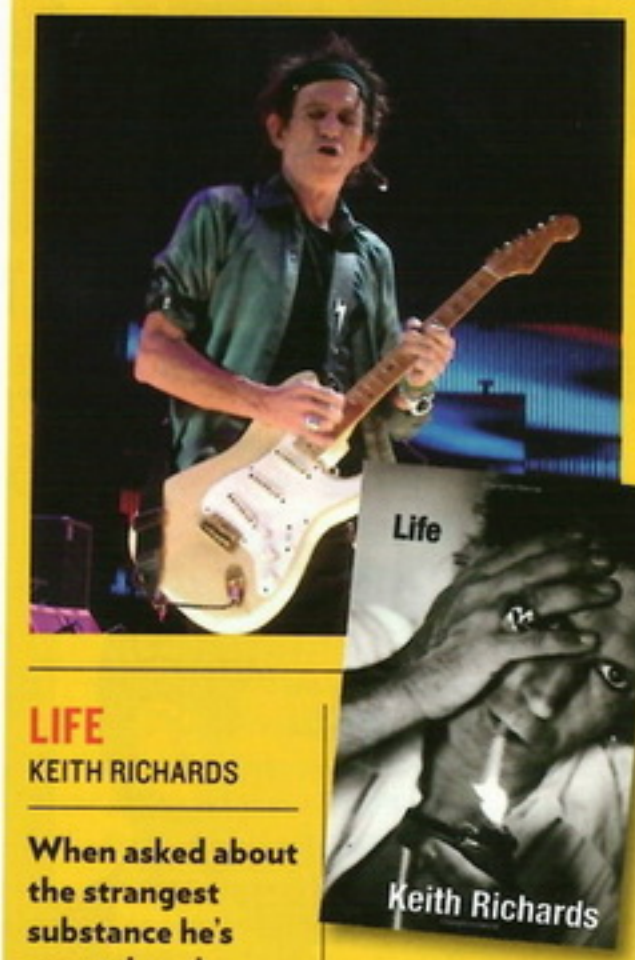


LOVE AND DEATH

MAX WALLACE AND IAN HALPERIN

Fans of Kurt Cobain would probably tell you the self-inflicted gunshot to the head killed him. These authors think otherwise, claiming there was foul play—and have enough evidence to prove it. Wallace and Halperin present scenarios that will startle you. It's a shocker so head-banging it screams murder.

LAZY MAN'S BOOK CLUB



LIFE

KEITH RICHARDS

When asked about the strangest substance he's ever taken, he said that he snorted his dead father's ashes with cocaine. This caused a huge controversy, and he later said the cocaine part was not true. He still hasn't properly confirmed if the ash snorting really happened.

He reportedly received a $7 million deal to write his autobiography.

He had a cameo appearance in *Pirates of the Carribean: At World's End* as Jack Sparrow's father (his good friend Johnny Depp said that he based the character on Richards).

In the earl '50s he and Jagger became friends in primary school and started making music together a few years later.

He posed with his Gibson ES-355 in a Louis Vuitton ad campaign. He donated the money he earned to an environmental organization.

He once remained awake for nine days straight after doing several drugs. When he felt the need to sleep, he broke his nose after falling on an amplifier.

WORDS: BONG STA. MARIA, CHARMAINE Z. CHANCO

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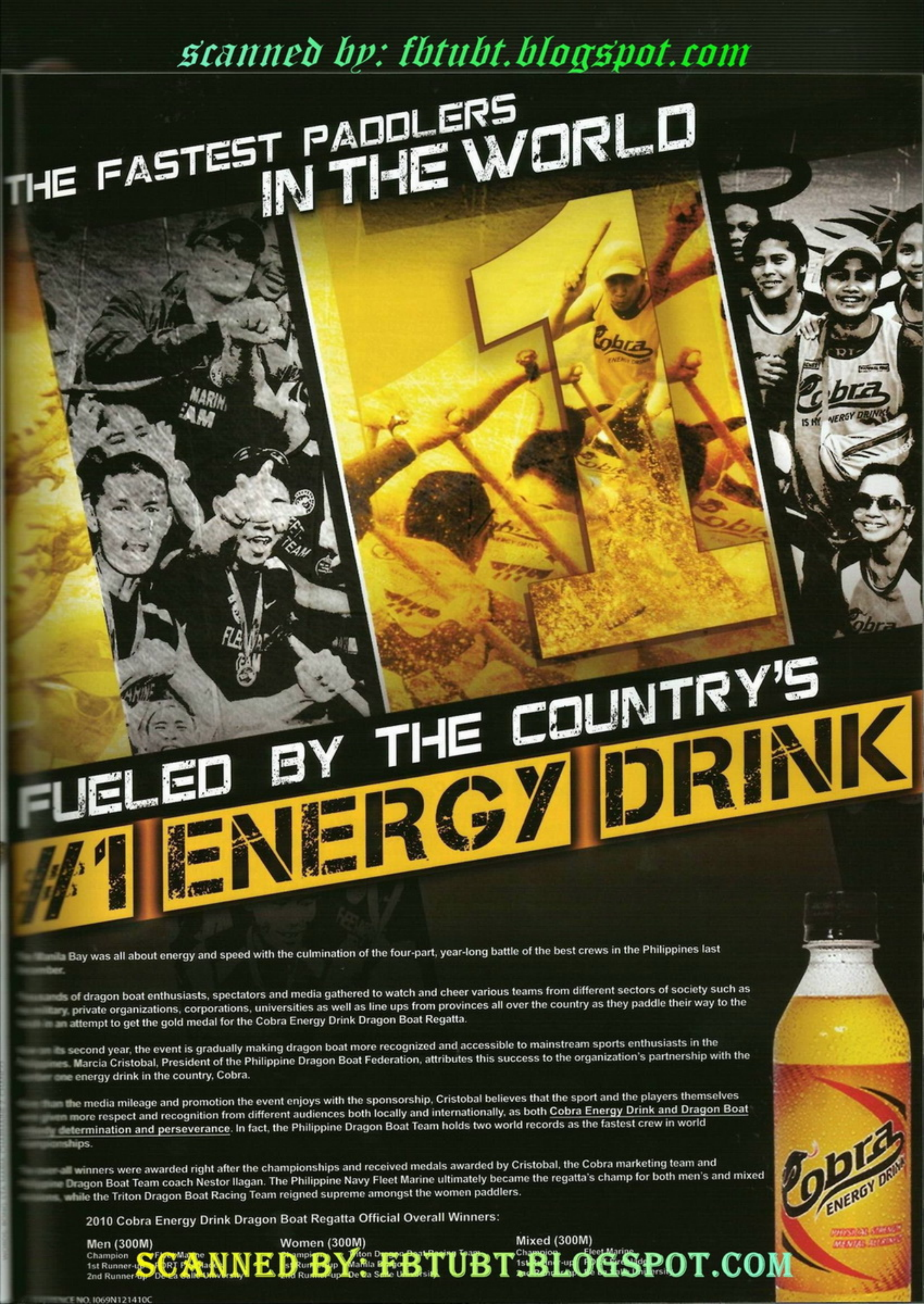
THE FASTEST PADDLERS IN THE WORLD



FUELED BY THE COUNTRY'S #1 ENERGY DRINK

The Manila Bay was all about energy and speed with the culmination of the four-part, year-long battle of the best crews in the Philippines last November.

Thousands of dragon boat enthusiasts, spectators and media gathered to watch and cheer various teams from different sectors of society such as the military, private organizations, corporations, universities as well as line ups from provinces all over the country as they paddle their way to the finish in an attempt to get the gold medal for the Cobra Energy Drink Dragon Boat Regatta.

Now on its second year, the event is gradually making dragon boat more recognized and accessible to mainstream sports enthusiasts in the Philippines. Marcia Cristobal, President of the Philippine Dragon Boat Federation, attributes this success to the organization's partnership with the number one energy drink in the country, Cobra.

More than the media mileage and promotion the event enjoys with the sponsorship, Cristobal believes that the sport and the players themselves are given more respect and recognition from different audiences both locally and internationally, as both Cobra Energy Drink and Dragon Boat entirely determination and perseverance. In fact, the Philippine Dragon Boat Team holds two world records as the fastest crew in world championships.

The over-all winners were awarded right after the championships and received medals awarded by Cristobal, the Cobra marketing team and Philippine Dragon Boat Team coach Nestor Ilagan. The Philippine Navy Fleet Marine ultimately became the regatta's champ for both men's and mixed divisions, while the Triton Dragon Boat Racing Team reigned supreme amongst the women paddlers.

2010 Cobra Energy Drink Dragon Boat Regatta Official Overall Winners:

Men (300M)
Champion: Fleet Marine
1st Runner-up: PORT [illegible]
2nd Runner-up: De La Salle University

Women (300M)
Champion: Triton Dragon Boat Racing Team
1st Runner-up: Manila [illegible]
2nd Runner-up: De La Salle University

Mixed (300M)
Champion: Fleet Marine
1st Runner-up: [illegible]
2nd Runner-up: [illegible]

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Waxstatues: cheery

TV

TIRSO CRUZ III

Yes, that's him and this is his new soap, *I ♥ You Pare*

What got you taking on a gay role?
Well, for a change *lang. Matagal na rin kasi akong hindi gumagawa ng* comedy. *Madalas, kung hindi kontrabida, nagdadrama ako.* Actually, I was offered to do a gay role for *Beauty Queen* [another primetime series starring Iza Calzado] but management opted to cast me *dito sa I ♥ You Pare* by GMA.

Any violent reaction from the wife and kids?
Wala naman, thank God. Ha ha! Well, *natawa sila* when they saw my pictures wearing makeup and costume. *Pero yun nga lang minsan nadadala ko yung* character *hanggang sa bahay*, particularly *yung mga* words o gay lingo *kung tawagin, pag halimbawa nag-uusap kami.* Ha ha!

So you're turning into a drag queen here. At least it's easier than being a *kontrabida*.
Mahirap din! Like *dito pa lang sa* costume *namin*, one hour and a half *ang paglalagay ng* makeup *sa akin. Ang hirap din pag maghapon kaming nakaganito kaya ang ginagawa ko pag hindi pa naman* take, *tinatanggal ko muna ang sapatos at ang* wig *ko kasi mainit.*

'Flawless ang lola mo!'

Aside from the physical challenges, what else did you learn from playing a gay bit?
I guess *ngayon mas may* deeper respect and appreciation *na ako sa mga* gay. Because if you look closely, *hindi nawawalan ng gimik ang mga* gays, *parang laging masaya pero* if you dig deeper and *makakausap mo sila*, you'll discover *na karamihan sa kanila ay malulungkot ang buhay. Sa* role *ko kahit na mukha siyang glamorosa, makikita mo na may* sad side *siya* and *yun yung gusto naming ipakita rito sa serye.*

Primetime on GMA-7

COUCH PARALYSIS

Your daily TV fix

TOUGHEST MILITARY JOBS
Mondays 10 p.m. on Discovery Channel
The United States Military—no doubt the most ready to defend or launch wars in and around the world. They're doing it right now. How they do it is this show's responsibility. Each episode focuses on an area of the military, highlighting what it takes to keep every soldier alive as well as how dangerous it really is just to keep all the high-tech equipments at the highest caliber.

THAIPUSAM
Thursdays 9 p.m. on Discovery Channel
Thaipusam is a festival that draws a million people to Batu Caves in Malaysia annually. Devotees hike up 272 steps to the temple, perform extraordinary physical feats, bewildering onlookers unfamiliar with the rituals. Experience the festival through the eyes of two Hindu devotees: Guna, an Indian residing in Kuala Lumpur, and Dr. Carl Vadviella Belle, an Australian Hindu.

AMAYA
Primetime on GMA 7
The trend in Pinoy soap is shifting and proof is this front runner top-billed by Marian Rivera. The original series dabbles in an unexplored genre: historical fiction, intertwining real and imagined tales lifted from the pages of Philippine history. And for the sake of accuracy, all materials were counter-checked by the University of the Philippines Department of History research team.

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e-GAMES

3 CITIES ONE CLICK

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UNDER 21

PERSONS BELOW 21
ARE NOT ALLOWED
TO PLAY

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LOUNGE

LADIES' CONFESSIONS

BELOW, THE NEW YEAR'S RESOLUTIONS WE WISH LADIES WOULD NEVER HAVE

CONFESSION OF THE MONTH
HERE COMES THE BRIDESMAID

When I like someone, I make the first move. This cute guy from my best friend's wedding was seated next to me during the reception. He was very quiet and shy. Although I noticed that whenever I stood up and got back to my seat, my chair moved closer to him. For at least a couple of times, I caught him taking a glimpse of my cleavage. Later on, we finally talked, he accidentally hit the table and his middle finger got hurt. I took his hand and kissed his finger softly. We held hands like teenagers under the table for a while. While everyone was busy partying, with the dance floor lasers and flashers as the only source of light, I pulled him closer and led his middle finger inside me. I wasn't wearing undies. He slowly fingered me but I felt no friction anymore, as my pussy was too damn wet. We decided to go to his car and he was shaking as he drove off. I had to touch myself while he was driving. He was obviously distracted. When he found a place to park, it was just in time for me to reach my orgasm so I pulled his dick and sat on it. It was rock-hard and perfect inside me. As he told me he was about to come, I stopped and gave him head instead. He moaned too loud for at least five seconds as his juices squirted down my throat. His tasty love juice was a good capper for the experience!

Gee, by email

PHOTOGRAPHY: PAOLO FELICIANO; MAKEUP: AMANDA PADILLA; HAIR: AVRIL SEGUIN; MODEL: JANNA TIANGCO

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NEIGHBORS SEEK WATER THERAPY

This happened on a day that was full of hassles, when we were having issues with the water supply around our area. We had experienced a day and a night without water from our faucets, and it made me realize that the following morning I'd have to ask my friend a favor: to let me and my son take a bath at his place. It had only been four months since I met this guy friend, who should have just been a one-night stand. We eventually became text mates, then best friends, then friends with benefits. So that morning, my baby boy and I went to his place knowing his lola and mom were going to the hospital for a series of tests. We first bathed my son and played with him as well. Then we watched a kiddie movie to make my son fall asleep. And so it was my turn to take a bath. I suddenly felt like I really wanted to feel his body. I started craving his touch, his kiss and Humps (a nickname I use for his penis). Before heading to the shower I teased Humps with a little touch and rub. In the bathroom I was really feeling so hot so I went to his room and called him when I noticed that my son was playing. When he got inside the room, I immediately grabbed Humps like there was no tomorrow. I sucked and licked it passionately and made it really hard and willing to get inside me. He lay me down on the bed. Their bed was in front of a big closet with a mirror on it that made me feel even hornier. I love seeing how he pumps me. After my second orgasm I asked for doggie and he agreed. After cumming, he asked me to dress up right away. He went out of the room and saw a cab with his mom and lola in it. Just in time!

Perkychiq, by email

'ANG LAKI NIYAN, KOYA!'

My boyfriend used to take me to his place late at night when his parents were already asleep. We'd usually sneak into his room to fuck like bunnies after a long day of school. One time, we were so horny after class that we decided we couldn't wait. We drove to his house earlier than usual and snuck in. No one was home yet at the time so we thought that we could get away with our mischievous deed. When we finally made it to his room, he pushed me to the wall and lifted my legs, carrying me. Our tongues met as I took off my blouse and bra. His kiss was so wild that it sent shivers down my neck. He proceeded to remove my panties from under my skirt as I used my hands to take out his very angry tool. As he pumped me in a standing position, we could hear the doorknob moving. We didn't pay any attention and continued with the action. I couldn't help but scream as he exploded in me. When the door was forced open, the maid had caught us standing there in his room naked and embarrassed. I don't regret the experience. It was one of the best lays ever!

Hornylita, by email

GEE GETS A A MONTAGNE JEUNESSE GIFT PACK FROM UNISELL

Envious? Then send your story to: *FHM* True Stories, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer St., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

A VERY 'BUMPY' BUS RIDE

On the way home from work, I take the bus so I can save some cash. One hot evening a co-worker who I had a small crush on offered to accompany me on my commute. Flattered, I agreed. When we finally boarded the bus, we decided to sit at the back. I didn't mind because no one else was there. As the bus made its way I felt something rubbing my thigh. I realized my co-worker was trying to make a move on me. I didn't stop him. I used his big bag to cover what he was doing. I took his hand and allowed him to play with my pussy. I was beginning to get wet with excitement. He used one finger then two, then finally three, fingers. It was such a thrill knowing we were playing with each other on a public vehicle. When I finally came, I made sure I returned the favor. I placed my hand inside his pants and stroked his dick. He finally came and I had to stop him from moaning loud so that the other passengers wouldn't notice. That was probably the wildest bus ride I've ever had and my co-worker is no longer just a crush but a fuck buddy as well. Good deal.

Yna S., by email

Text *FHM* LC ON to 2640 to get more Confessions

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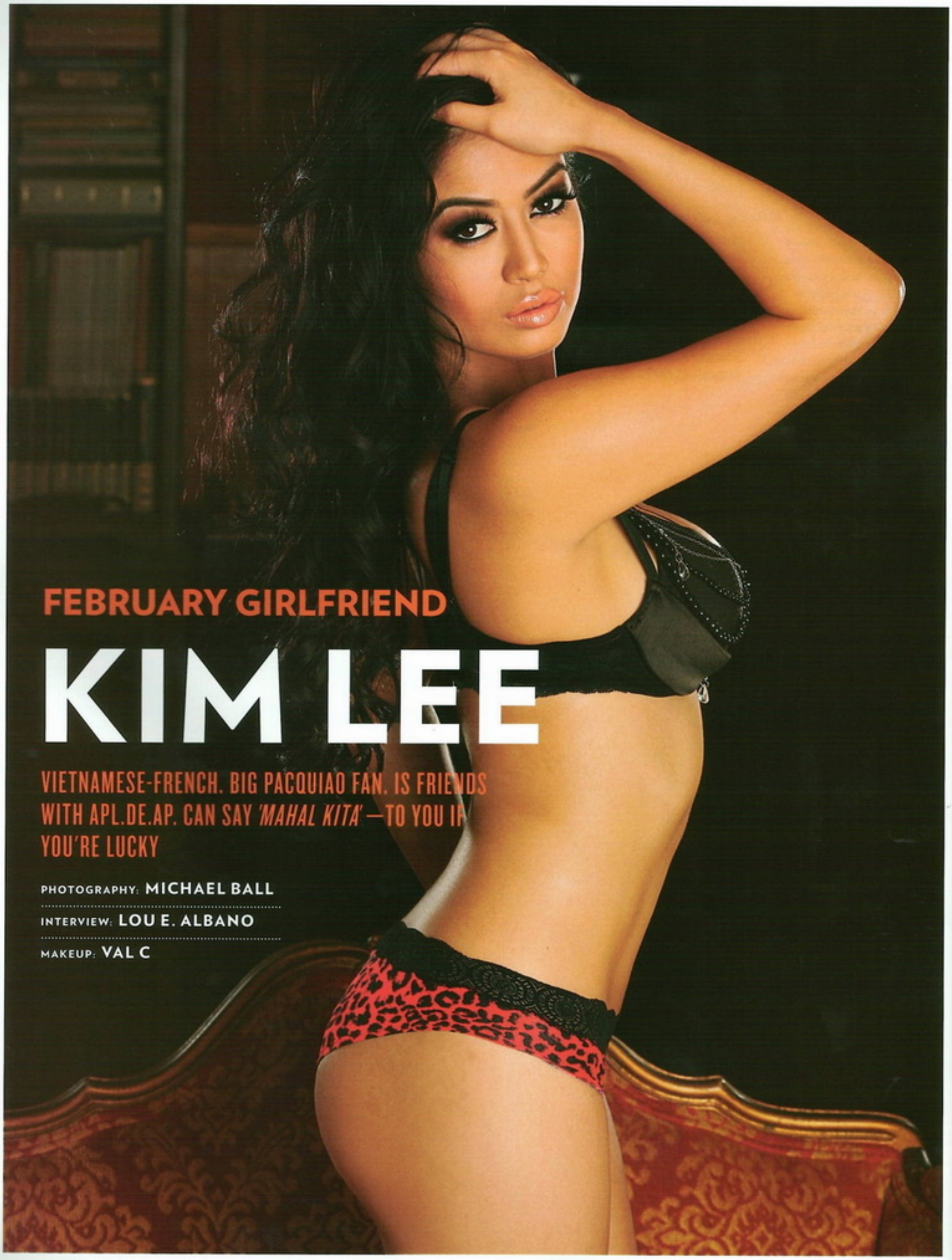

FEBRUARY GIRLFRIEND

KIM LEE

VIETNAMESE-FRENCH. BIG PACQUIAO FAN. IS FRIENDS WITH APL.DE.AP. CAN SAY *'MAHAL KITA'*—TO YOU IF YOU'RE LUCKY

PHOTOGRAPHY: **MICHAEL BALL**

INTERVIEW: **LOU E. ALBANO**

MAKEUP: **VAL C**

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VITALS

Age: 25

What she does: Entrepreneur, model

Origin: Malibu, California

Ideal date: "I'm pretty simple, so dinner and Champagne will make me happy."

Win her: "If you don't know how to make chicken adobo, there will be no chance."

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UP AND COMING

I've been featured in many music videos—from Kanye West, Far East Movement, Jay Sean just to name a few. I've done commercials for McDonalds and Budlite. I recently got a shot for *Hangover 2*, which will come out in May 2011. I'm very excited about that.

FROM THE OC TO MALIBU

I'm Vietnamese and French. I was born in Orange County, California and now I live in Malibu, which is right on the beach. It's very relaxing here but far from where the nightlife is.

MULTITASK QUEEN

I've been very busy the past couple of months. I manage our family beauty salon and I'm also working on a Jewelry/Accessories line with my partner. I model part time, which means I'm constantly going to meetings and auditions every day. I've been thinking about getting into acting, too. I just love being productive and there are lots of things I want to do. This year is going to be even better!

FRIENDLY TYPE

People always assume that I'm stuck up or that I've got no personality. What they don't know is I'm completely the opposite of that. I never get intimidated by people. I'm friendly and outgoing because you never what know what you're missing out on.

GO GET HER

I've come across some negative people in my life so you can say I'm like this for a reason. I just think if you want something, go out there and get it. Don't depend on someone else to do it.

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SHE LOVES US
I love Pinoys. I think you have style. You look Asian and Spanish, which makes you very exotic. I love the Filipino accent when you speak English. I think it's so cute.

SHE REALLY DOES!
I have lots of Filipino friends. I love the Filipino culture and your food. I swear I never cook but for the first time, a couple of months ago, I made chicken adobo. I'm so proud of myself! I know there are different ways to cook it but I think I did okay. I'm also a big fan of Manny Pacquiao, not just because he's a good boxer but also for what he does for his people. Of course, there's also my friend Apl.De.Ap from the Black Eyed Peas, who's doing a charity tour for the kids in the Philippines right now. I may not be Filipino but I know how to say, "*mahal kita*."

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HAPPY VIXENS VALENTINE'S!

Starting this month, ***PREMIERE*** Vixens Karen, Christine, and Paulene will be answering your questions on love and sex—anything that you think will make you a happy man. For the opening salvo, they give you tips on the Love Month.

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Hi Christine! How do I get my girlfriend to live out my sexual fantasies—outdoor sex, bondage, food play and the like?

Jerrold, Makati City

Hi Jerrold! Dwelling on the thought of opening the topic to your girlfriend might actually be more nerve-wracking than the actual act of telling her. It's actually easier than you think! Every girl has a naughty side, you know? Start by subtly asking her some leading questions, like: "What do you think about getting tied up?" or "I saw a movie where the characters spilled cream on each other's body and things started to get hot from there. I wonder how that feels?" Hopefully, she will start to feel comfortable about the topic and share her own fantasies too. From there, you can plan on doing your next sexcapades! Make the experience more pleasurable with the ***PREMIERE*** Tornado Big Bulb, the condom with a roomy head for unrestricted pleasure!

Lovelots,
Christine

I want my girl and I to do a little striptease after our romantic dinner in a hotel on the 14th. I already booked a hotel room for us. But I'm tired of those saxophone-y tunes that we keep hearing in R-rated Pinoy movie trailers. Can you recommend some songs for us to consider?

Francis, Valenzuela City

Wow! What a great idea you have there, Francis! Your girl must be feeling very lucky! Anyway, there's a lot of old and new stuff that you can swing your hips, grind, and take your clothes off to. It should really depend on your girl's taste for music, but since you're asking for my opinion, here are my top recommendations. I suggest that you start with something downtempo like Sinéad O' Connor's "Nothing Compares 2 U." Never mind the words in the stanzas, just feel that sexy tune! I can just imagine the mood it will create, and that already gives me goose-bumps! "I'm a Slave 4 U" is another personal favorite—the primal beats alone should unleash your wild side effortlessly!

Now if you really want to experience pure pleasure, I suggest you get your stash of ***PREMIERE*** Ultra Thin condoms ready. It's so thin that you'll both feel every sensation. Have a sexy Valentine's!

Kisses,
Karen

I want to make sure I hit the homerun with this girl I'm dating this Valentine's. How do I make sure I don't ruin her mood on the big day? I mean, what can make the plan a sure hit?

Chandler, Pasig City

Just don't puke on your date's dress. Just kidding! There are a number of ways to ruin a date for a girl but here are the ones that are high on my list:

- When you talk about your ex over and over again. Listen, you're dating so please understand that this is the last thing she would be interested to hear. This makes a girl call for back up so she can leave immediately.
- When you don't give 100 percent attention to your date. Checking out each girl that walks inside the room or restaurant is a big no-no.
- When you make your advances way too soon. A date is where you and your date should get to know each other more, it's not an avenue to get inside her pants right away. Take it slow or you'll get the red light all at once.
- When you get drunk during the date. This will cause huge problems. You'll start annoying people around the place and especially your date!

Let me know if you get lucky. And if you want to hit her on the right spot, I suggest you use ***PREMIERE*** Dotted. This one has pleasure dots located just where she likes them! Have fun with your date and good luck!

XOXO,
Paulene

VIXENS' PICKS

Know which type of *PREMIERE* condom is right for her in case the nightcap gets a little 'extension.'

FOR THE DOMINATRIX

Karen says:
"She likes to take over? ***PREMIERE*** Ultra Thin will make her feel like there's nothing getting in her way. She'll like it."

FOR THE TEASE

Christine says:
"Women who like to be chased usually just seek affirmation. Give her what she needs and even more with ***PREMIERE*** Tornado Big Bulb, the condom with a roomy head for unrestricted pleasure.

FOR THE SHY, RESERVED TYPE

Paulene says:
"Chances are, she just needs that someone to take her out of her comfort zone. With the raised pleasure dots of ***PREMIERE*** Dotted, you'll hit her on the right spot and make her beg for more.

Premiere Condoms
Feel the Thrill
www.premiere.com.ph

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WHAT WOMEN REALLY WANT

HAVE THAT MUCH MOOLAH TO SPARE FOR YOUR HONEY? THEN TAKE IT FROM PREMIERE VIXEN KAREN BORDADOR'S VALENTINE'S GIFT SUGGESTIONS

"Pricey gifts parallel to your relationship in that they're valuable, long-term and worth keeping, just like your relationship. So surprise her with something expensive and out-of-the-box from the usual chocolates and flowers. We girls are bored of that already. Make us feel like the princess that we are!"

01 PORTABLE GADGETS

THINK: Kindle eBook Reader, Samsung Galaxy Tablet, Golden iPhone 4, GPS tracking system.

Yes, she wants a gadget to bring around so she'll never be lost, bored or disconnected. Every time she seeks help from these easy-to-use tools, you'd be on her mind.

PREPARE: P10,000 up

02 POINT-AND-SHOOT CAMERA

THINK: Lumix LX5 ,Canon S95, Sony and Nikon P7000

Perfect for moments you'll share together especially for creating your own "short films." Also, there's this female rockstar camera craze going on lately, so be the one to fulfil her dreams of becoming a full-fledged photographer. Pixels checked!

PREPARE: P20,000 up

03 JEWELRY

THINK: Diamond Pendant 5 Karats, Cartier love ring or bracelet, anything from Tiffany's

We love everything shiny especially if they're on our bodies. These could be a great reminder of who our man is!

PREPARE: P43,000 up

04 TRAVEL

THINK: Asian or Mediterranean cruises

Create magical moments with her in a romantic destination. If you don't have the time, you can bring her to our very own Bellaroca, Amanpulo or Pearl Farm where the sands are virginal. Or take her on a cruise that she will never forget. Asian cruises from Philippines-Vietnam-Malaysia-Brunei-Singapore sound hectic but indeed make for a wonderful time to bond. Mediterranean Eight-Day (Italy-Spain-Tunisia-Malta) would be awesome too. She'll be starry-eyed looking at the surroundings, thanks to you, of course.

PREPARE: 100,000 up

05 SUNGLASSES

THINK: Onassis sunglasses, Ray-bans, Missoni Shades, Dolce and Gabbana, Aviators, Gucci, Fendi, Chanel

Designer shades make her look strikingly mysterious, just the way you like it.

PREPARE: P10,000 up

06 SHOES

THINK: Stella Luna, Manolo Blahnik, Jimmy Choo, Gucci's Platform Sandals, Prada Slides, Tods Flats, Gina Shoes, Christian Louboutin, Giuseppe Zanotti

Aside from clothing, we women have to have pretty shoes to stand on. The names above would seem too pricey just to be stepped on but the feeling we get when they're worn is tremendously amazing! Our height increases, so does our self-esteem! Just keep this in mind: Behind every powerful man is a breathtaking woman standing on her awesome designer shoes.

PREPARE: P9,000 up

07 CROWD STANDOUT ROYALTY BAGS

THINK: Hermes Birkin, Chanel 2.55, Chloe Paddington, Balenciaga City Motorcycle, Gucci Hobo Bags, Chanel, Longchamp, Alexander McQueen Novak, Marc Jacobs Stam, Fendi Spy, YSL Muse, Prada Gauffre, Louis Vuitton Monogram Speedy 30 are all perfect for her daily fashion hand bag needs.

Women never sacrifice quality when it comes to their handbags. Give her something she can wear with her Diamond Pendant 5 Karat all the time.

PREPARE: P30,000 (Louis Vuitton Monogram Speedy 30) to P258,000 (Hermes Birkin)

08 LUXURY LINGERIE

THINK: Valisere Luxury Underwear, Victoria's Secret, Ever So Sexy, Aubade Paris and La Senza

You men love to have us in our sexy outfits, so this shouldn't be a hard gift to decide on.

PREPARE: P3,000 up

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Sam Pinto loves

San Mig LIGHT™

Sexy FHM covergirl Sam Pinto is San Mig Light's newest celebrity endorser. Sam took time from her busy schedule to sit down with us face to face.

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21-year-old Sam Pinto sashays into the room with a carefree and confident air. Her smile is infectious. Just over a year in the industry, Sam is already a familiar and recognizable face in Philippine show business. Credit can be given to her sunny disposition and honesty, as we would find out during our time together.

Sam is the newest celebrity endorser of San Mig Light. "It's such a privilege for me to be an endorser of San Mig Light," she bubbles over with enthusiasm. "In the past, so many big names have been associated with San Mig Light, right? So that when I found out that they had chosen me, I had to ask: 'Me? Really?'"

"But I am very thankful for the honor. The whole idea that I'm endorsing San Mig Light is really big. I mean, you drink San Mig Light, I drink San Mig Light...everybody drinks San Mig Light!" She gamely says.

BABE IN A BLUE SUIT

We ask about her sexy commercial for San Mig Light. "Have you seen it? I'm wearing this two-piece blue bikini. I had to try on different kinds of bathing suits—from one-piece to cutouts—but in the end, they decided that they liked the two-piece." We don't doubt that whoever had the privilege to decide what bathing suit Sam would don for the commercial has impeccable taste.

Did she agree with the decision? Did she like it? "I like it! I go swimming in a two-piece anyway, so I have no qualms about it. It's such a pretty bathing suit and I got to keep it!"

The commercial runs for a few seconds, but Sam tells us it was a whole-day affair. "We shot the commercial at the pool of a country club in Makati. It took us an entire day—from 7 am to 11 pm." I exclaim on it taking a whole day. "That's fast *na ha*," says the commercial model. "It was good. But what was most memorable for me was being under the sun at 12 noon and it was sweltering!"

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BITTEN BY THE BUG

The *Pinoy Big Brother Double Up* alum just came off a leading lady stint alongside two of the Philippine movie industry's biggest stars: Bong Revilla and Vic Sotto in the MMFF entry *Si Agimat at si Enteng Kabisote.*

Sam's latest role is as the love interest of Richard Gutierrez in GMA 7's Captain Barbell. Sam says they have not shot scenes for the teleserye yet, but she knows that her character shows a myriad of personality traits. "When my character is with Teng [Gutierrez's character], she is a mature young lady. When she is with Jillian Ward's character, she is playful and childish."

In terms of career goals, Sam, who has admitted to being in love with acting, says she would like to essay kontrabida roles soon. "It's very different from who I am, since I'm *sobrang mabait* that I find it hard to get mad. So I think through such roles, *mahahasa ang* acting talent *ko.*"

Asked if she would be open to doing daring roles at this point in her career, Sam says "as much as possible, not yet."

GETTING ACTIVE

We go back to Sam and swimming. Does she love it? "I love to go swimming! I'm a sagittarian, so I love going out and being outdoors. I used to play volleyball and badminton. But swimming is what I love. My mom says I learned how to swim even before I learned how to walk!"

So aside from these sports, what other activities does she engage in when she's not busy with showbiz commitments? "My main sport is swimming and that keeps me fit. It's something that doesn't require me to go to gym. I can just be at home and if I want to go for a swim, I can just walk a short distance and swim in our pool."

KEEPING FIT

There's no doubt that all that swimming has done Sam's body good. But we wonder what else she has to do to keep her artista bod in shape.

"Luckily, I don't have to do any intense dieting. But I do watch everything I eat. I love fruits and vegetables. I try to eat healthy as much as possible, always watch the calories. I try to avoid sweets in both food and drinks whenever possible."

This does not mean, however, that she does not like spending nights socializing. "I like spending time with my friends. I'm still close to my college friends—I love them! I also have some friends from showbiz, like my castmates in *Bubble Gang.*"

What places do they frequent when they're out for some fun? "Sometimes, we just hang out here at home. When we go out, we like going to places where you can just chill, quiet places where you can have long conversatons over buckets of low-calorie San Mig Light."

Photos by Noel Orsal and Jocelyn Dimaculangan, courtesy of PEP.

Sam's "Puwede" List

Here are a few celebrity males that Sam says pass her criteria. "Puwede," she says, of the following showbiz hunks:

- **Zac Efron**
  "He is so hot!"
- **Musician Pharrell Williams**
  "Pharrell is my super crush. I even named my cute dog after him!"
- **Actor and Sam's *Captain Barbell* co-star Richard Gutierrez**
  "Of course!"

San Mig Light, with only 100 calories, is less filling but with full beer flavor. It's perfect for *mahaba-habang* drinking moments with friends.

Mahaba-habang inuman...

Ages 18 Drink Moderately

www.sanmiglight.com.ph

www.pep.ph

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DATELESS DATE

YES, IT'S POSSIBLE! THESE HOT HAUNTS MAKE IT SO

"I'm going out on a date alone."

Say something like that and you might as well be taking Prozac in a straightjacket after talking to 24 different people in your head.

But really, it's not as stupid as you think. We said you would go out on a date alone, but not be dating alone. The key difference: You will not have to be picking someone up, but you will end up with someone. We went around the metro looking for the best dating spots where you'll get good company minus the need for a date. These establishments offer top quality service at a reasonable price that your buddies will kneel at your feet just to tag along.

01 DIVINO

P. Burgos St., Makati City

What does it feel like to have a date in Vegas? At the heart of Makati lies a show club that features Las Vegas-style parties and high-quality entertainment. Divino is one of the best party venues if you prefer to have a livelier "date." You can choose from a very wide array of local beers and luxurious spirits and have your food delivered from any restaurant of your choice. The best and hottest dancers from here and all over the world are at Divino. Try to keep your eyes from popping as you watch them parlay their graceful moves on stage, on the pole or even on your lap.

Rates: Local beers start at P200
Ladies' Drink start at P650
P1,500 for a lap dance
P15,000 for a year's membership

02 ROOM 526 INTERNATIONAL

A. Mabini St., Malate, Manila

Pamper yourself in a Renaissance-themed men's club. Two thousand pesos will let you enjoy the company of the finest women of Manila while drinking all you can from a wide selection of local beers and quality spirits. Room 526 features a French-styled interior, cozy and luxurious couches, glistening chandeliers and live classical music as you mingle with stunningly beautiful young women donned in gorgeous evening gowns. Their mission: make you feel as secure and as comfy as possible for an hour and a half. The ladies will serve your drinks, prepare your plate, fill your glass, offer you a towel and lend you an ear just like what you would normally do... when you're dating.

Rates: P2,000/drink (and talk) all you can. P500 for a specific companion; Ladies' drinks start at P250 (hour and a half)

03 PRIMERO ROOM 526

The Strip, Fort Bonifacio, Taguig City

Unlike Malate's Room 526, Primero Room 526 at the Fort Strip features an interior with a more modern theme. Still, cozy seating, good food and quality drinks are standard. Instead of classical music, Primero has more contemporary hits to up the conversation with the women. As you would have guessed, the concept remains the same: socialize and have a good time with fine and intelligent ladies for an hour and a half. Savor the gift of companionship and make new acquaintances while the ladies of Primero Room 526 lend you their ears and offer you quality time. If you're looking for a very formal yet very entertaining solo-date, Primero Room 526 is one of the best places you to go.

Rates: Same as Room 526, Malate

BET YOU ALREADY KNOW...

PEGASUS
Quezon City
Yes, we all know. It's that white building along Quezon Avenue where wet, wild and hot girls show off their sizzling moves in front of a few lucky men. And we recommend that you join those few lucky men. The Peggy Sues rival even the hottest ladies that you only get to see in billboards and magazines.

AIR FORCE ONE
Parañaque City
When you're in the vicinity of the Ninoy Aquino International Airport, you know you're just a few meters away from the ride of a lifetime. Indulge yourself in local beers and expensive liquors while you cozy up with the models in the Grand Hall or in one of their private KTV rooms. Unlike that viral video of dancing flight attendants, Air Force One features some of the hottest Filipina models who may have to ask you to "unbuckle your seat belts."

WORDS: JET TANYAG

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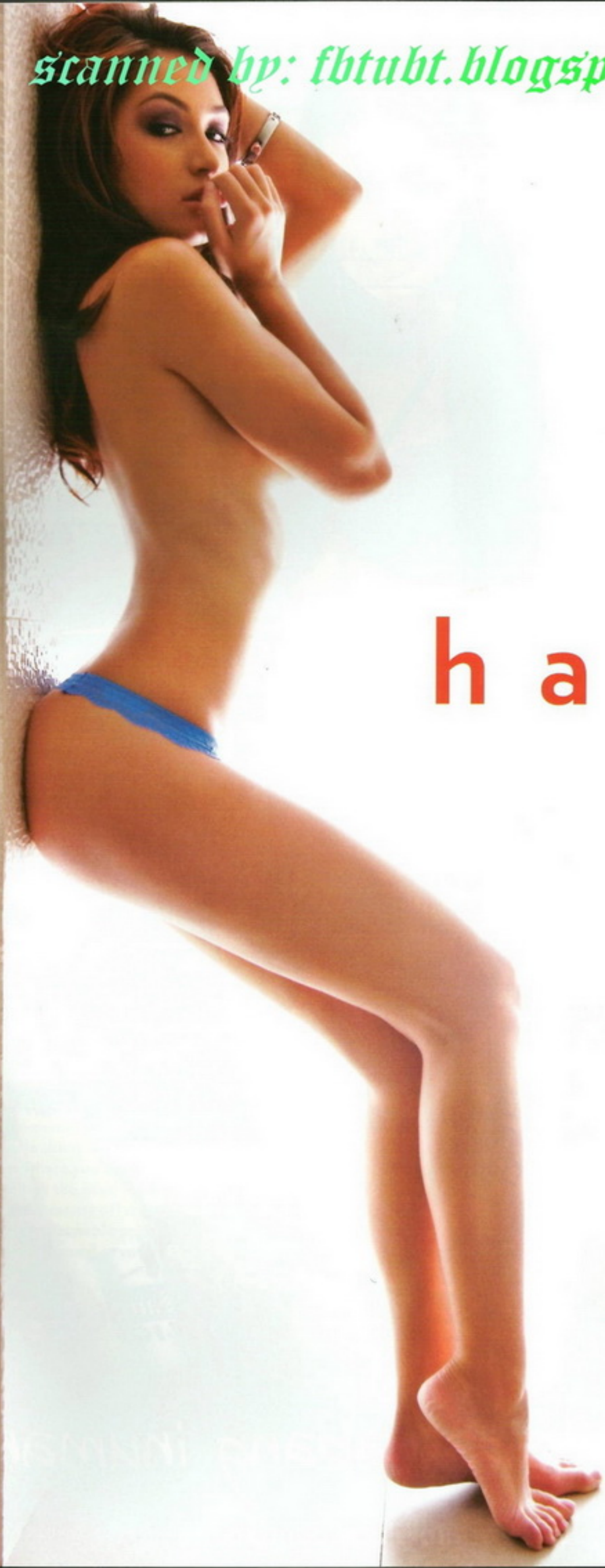

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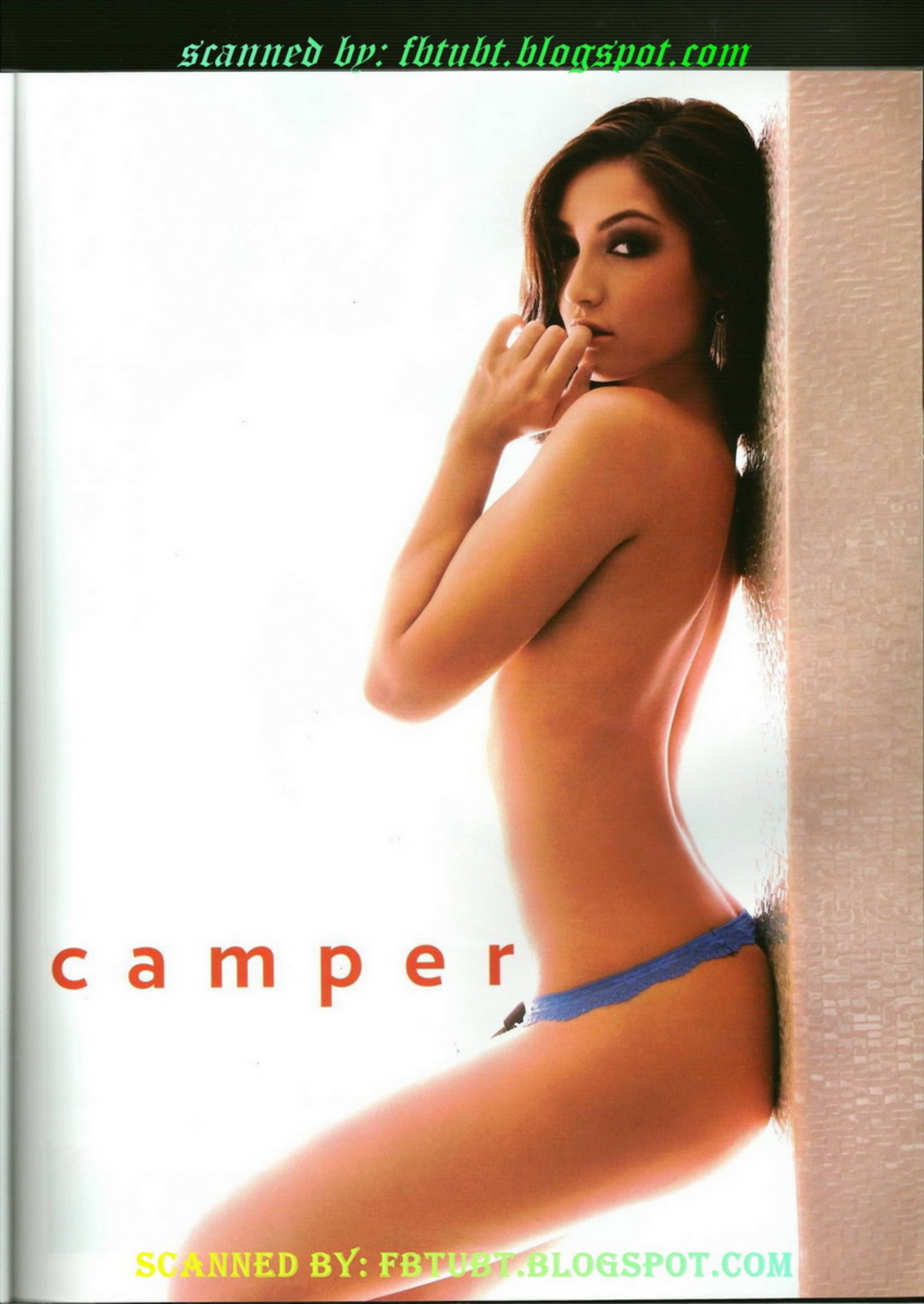

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STRAIGHT FROM CYBERSPACE, EXTRA-TERRESTRIAL BEAUTY MISA CAMPO LANDS ON *FHM* GROUND. ALL BOW DOWN!

PHOTOGRAPHY: XANDER ANGELES OF EDGE OF LIGHT FOR NIKON D3X

INTERVIEW: ALEX C. PAITA

STYLING: PATRICK GALANG
MAKEUP: GRACE DEANG OF SHU UEMURA
HAIR: ALEE BENSON

SPECIAL THANKS TO WENDELL CUNANAN OF VANS

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MISA CAMPO
FHM COVER GIRL

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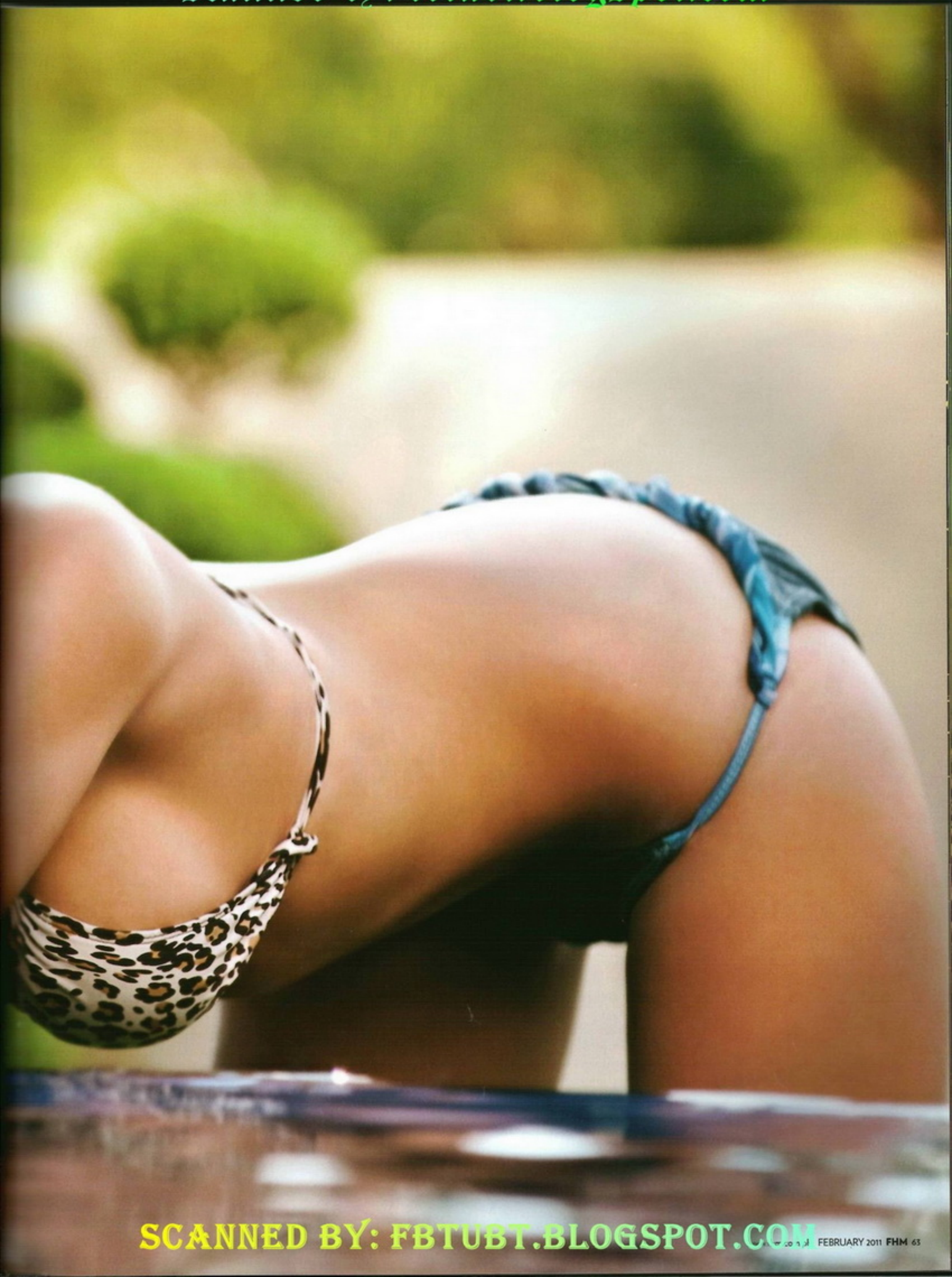

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Let us tell you the story of how we pieced this whole thing together.

It was late last year when we got word that Fil-Canadian car show model and global cyber superstar Misa Campo was going to be in town. A couple of photographer friends, in fact, called us up to bring the good news. "Let's shoot her for the cover!" they exclaimed. The only problem was, neither our anxious lensmen nor us (just as anxious) knew how to get in touch with her. "If you can find her, she's yours," we instructed them in true Mafioso boss fashion.

And why not? We've been on a Misa-hunting mission ever since the halcyon days of this magazine, even before FHM.com.ph was born, and long before Friendster lost their friends to Facebook. In fact, some of us even remember religiously Googling and stalking her on various social networking sites in our high school pants—despite not being quite sure which of those Misa Campo profiles were real. Yes, you could say that she was big before the Internet was big. We'd be foolish (or jobless, perhaps) to let this one pass.

So one October midnight, we finally got confirmation from Xander Angeles that he got to talk to Misa, and that she had given an *FHM* shoot a go. Great. Only that the remaining free time she had was lunchtime the following day. That left us with roughly five hours to book the rest of the crew, which, for a cover shoot, was pretty scarce.

It was next to impossible.

But you know the only thing that's impossible for us here at *FHM* is to give up. So that night we exhausted our contacts list booking a stylist, a makeup artist and a hairstylist, but to no avail. We slept on the job hoping to wake up with an SMS confirmation from any of them. The next morning, we woke up to a blank screen. Tried making calls again but had rejection for breakfast. Still we soldiered on.

Two hours before the call time, we finally got a makeup artist. Luck was starting to be on our side. One hour thereafter, we were able to book a stylist. Within the next three to five hours, Misa Campo was causing the *FHM* cameras to fog. We did it.

The rest, as you can see, is history.

Is this really happening? Are you for real?

Well, what do you think? Ha ha!

We think we spent years waiting for this chance and this is just too good to be true! We hope you're just as pleased as we are with the outcome.

I have nothing but positive feedback. The makeup artist and stylists were the first I've worked with that didn't make me feel inadequate and did an awesome job. The photographer was professional and takes amazing photos. Everyone that was present was very kind and didn't make it uncomfortable. I hope I get to work with everyone again one day.

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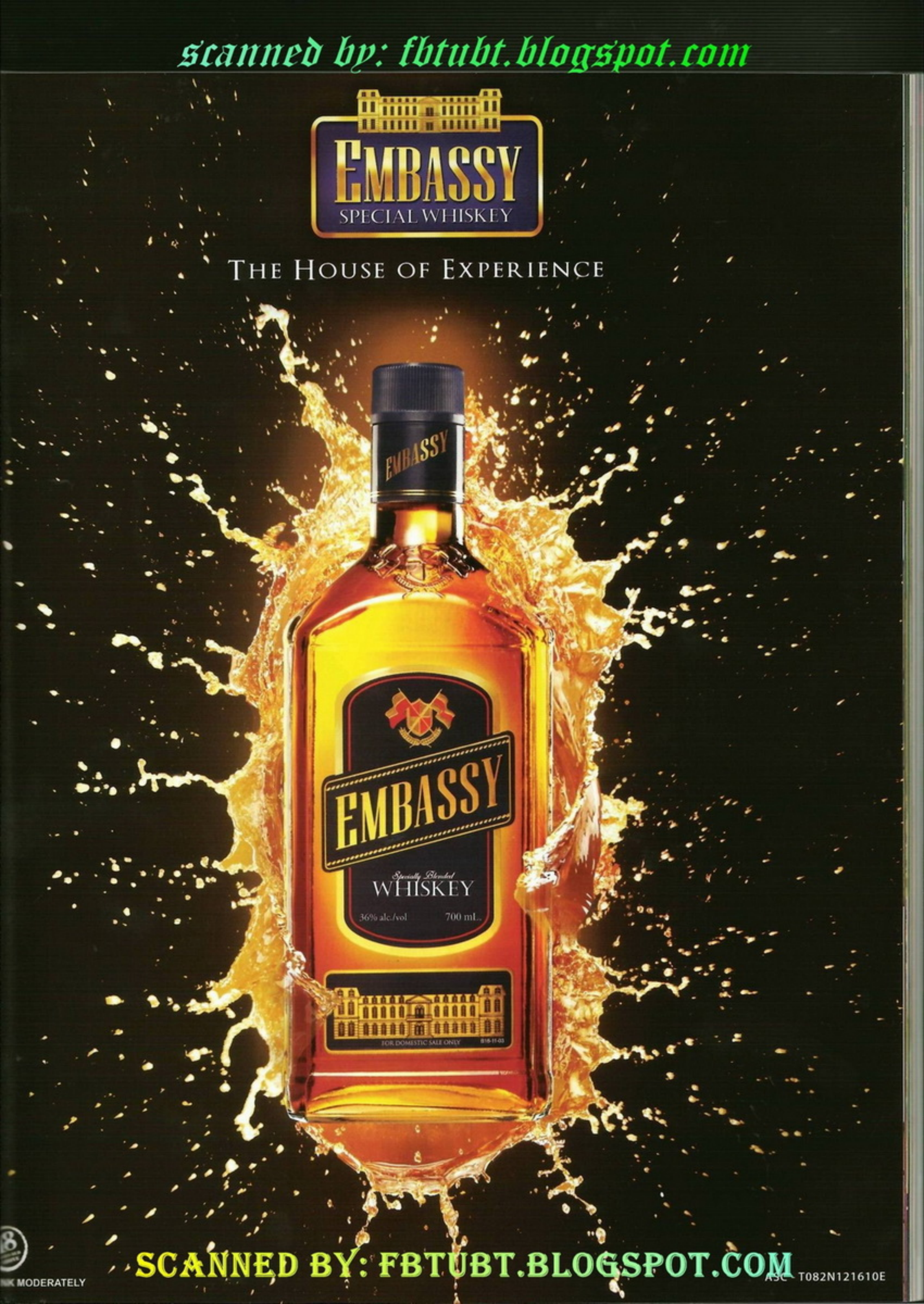

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We look forward to that, too! So is this your first time in the country?
It's actually not my first time. I've come before to visit my family with my mom and sister.

And to what or whom do we owe your, well, "surprise" visit here?
My bighearted friends! They let me tag along on their trip and showed me around! And then Wendell of Vans hooked me up with *FHM*. I've been trying to come over for a long time now but I didn't know anyone and they were kind enough to help me out.

Do you like it here? Have you been able to roam around?
Only a little bit. I've only been to Pampanga and Boracay besides Manila. But I love the food! Everything is so mmmm...*sarapppp*... delicious! Ha ha! Almost as good as my mommy makes it.

Glad to hear that and we hope to meet your mom someday. Is there anything about Manila that you find odd, though?
Um, security guards carrying rifles in the mall. I tried to grab his rifle and the security guard laughed at me and said, "Don't even try it."

The guards here are pretty protective of their rifles, you know.
Ha ha ha!

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MISA CAMPO
FHM COVER GIRL

Let's talk about your career in the US. How did it all start?
It was very gradual. I started out doing small fashion shows when I was younger and decided to get into import modeling as promotion for an Asian club I bartended at in Canada. About five years ago, a Filipino photographer named Steve Bitanga, who is a co-founder of a website called www.babeblvd.com, found me working there during the weekend of a car show and asked me to do a shoot. A year later, he brought me to work in Los Angeles. I decided to stay in the US and pursue a more expanded modeling career.

Then your fame spilled over to the Philippines—and there wasn't even Facebook or Twitter back then! How'd you do that?
MySpace? Ha ha! Just kidding! I'm still trying to get more recognition but I think I owe it to the people who support me and like me. They spread my name across the globe. With that, I think it's a mix of luck, the Internet and hard work. I hope everyone knows that I'm grateful for their help!

Is your house in the States anything like where we're shooting now—or has it actually been featured on MTV *Cribs*?
Ha ha ha! No way! This one's a beautiful home and I'm so happy they allowed us to shoot here. If I moved to the Philippines, I'm moving to this house. My house in the US is pretty traditional and mostly all white inside.

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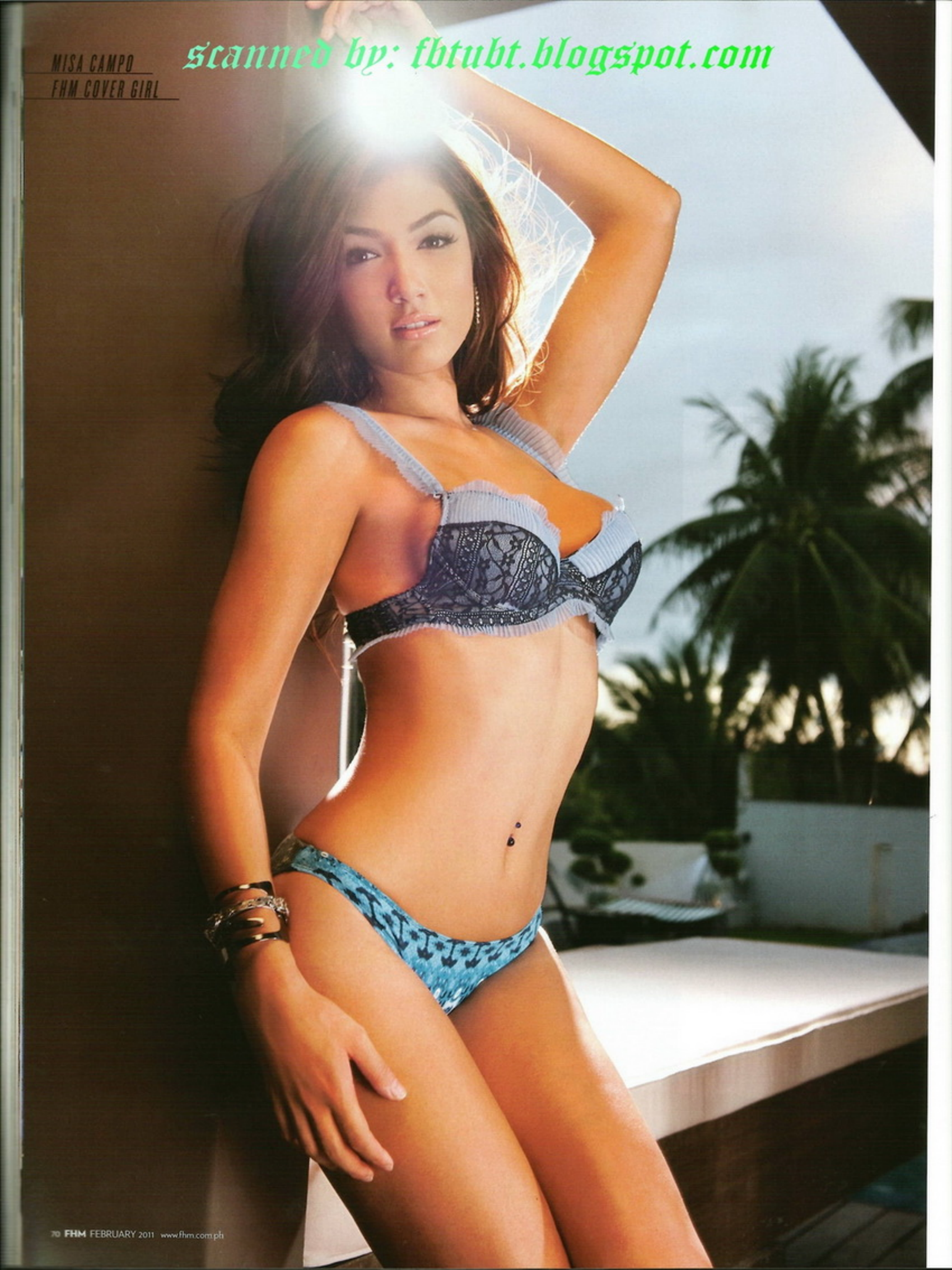
MISA CAMPO
FHM COVER GIRL



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MISA CAMPO
FHM COVER GIRL

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Now on to your other domain—the Internet. A search of your name on Google yields 3.3 million search results in 0.08 seconds. A search of this writer's name only yields 46,800 results in 0.11 seconds.
Three million what? I didn't even know that! Wow. I have no clue which ones are really about me though, ha ha!

Our point exactly—how do we know if a website that bears your name is really yours and not some hack's traffic-directing tool? Is there any mark or insignia that we have to look for to check for authenticity?
I'm working on it! I will be putting up a blog soon, but other than that you can't really tell. My website, Facebook and Twitter are pretty much the only ones that are real.

Do you personally manage your websites?
Yes, I run everything myself when I have the time. I have a personal Facebook, MySpace and twitter.com/realmisacampo where you can check my status updates frequently, as well as my website www.misacampo.com.

You're famous for being a car show model. Are you a big fan of automobiles yourself?
Cars are great, I like to drive them. Very fast!

Ever been caught breaking the speed limit?
Am I going to get in trouble? Ha ha! Let's just say I drive faster than the majority of guys last in bed. "Like a G6, like a G6!"

Good one! What do you drive, if you don't mind us asking?
I drive an Audi. I love the acceleration.

Ever tried driving in Manila traffic?
No, I haven't driven in Manila yet. I'm looking for someone to teach me their skills, ha ha!

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Do you prefer driving or being in the passenger's seat?
I definitely prefer driving—except in Manila, or maybe anywhere in Asia. I should have been the character in *Grand Theft Auto*, or I should have been a Formula 1 driver.

What kind of driver do you hate?
Driving is different in every country in the world so I don't blame anyone for the way they drive, except for those that are intentionally reckless and inattentive. What makes someone a really shitty driver is when they are negligent and inconsiderate to other drivers around them, regardless if you drive fast or slow.

Well said. We just found out you sell your photos online, too. How much do you think these *FHM* photos are worth?
They're priceless! Ha ha!

Ever considered staying here for good? We know people who can make you even bigger here.
I wanted to because being back home is something I look forward to. I tried to get someone or an agency to take interest in me but unfortunately I'm not fluent in Tagalog so no one wanted to work with me. Until I learn the language, I'll always have modeling for now! And the rest of the world.

Maybe you can drop by sometime later this year to sign autographs? We'd be honored to have you at our 100 Sexiest Women in the World party!
Of course! You guys are the greatest and I'd be glad to hang out with you again! **FHM**

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MISA CAMPO
FHM COVER GIRL

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L-Carnitine + Green Tea Extract
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7 TIMES MORE L-CARNITINE than other leading brands.

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Coenzyme Q10
Softgels

- Plays the Key Role in Treatment of Cardio-vascular Illnesses, Including Congestive Heart Failure.
- It can Help Weight Loss because it Helps Stimulate the Body's Metabolism.
- Prevent from Coronary Heart Disease.

P13.50 per piece

BFAD F.R.: 69541
500MG/SOFTGEL

Ginkgo Biloba
Softgels

- Enhances Memory by Improving Blood Circulation in the Body and Brain.
- Helps Prevent from Coronary Heart Disease.
- Improve Mental Capacity and Counteract the Effect of Aging.
- Prevent from Memory Letdown and from Alzheimer's Disease.

P5.00 per piece

BFAD F.R.: 69540
400MG/SOFTGEL

Fish Oil
Softgels

- Lower Blood Pressure, Triglycerides and (LDL Cholesterol)
- Prevent from Arthritis and Gout.
- Prevent from Memory Letdown and from Alzheimer's Disease.
- Improve Eyesight and Preventfrom Myopia.

P5.00 per piece

BFAD F.R No.: 66030
995mg/capsule

WILDTIGER
Menthol Cone

- PARA SA SAKIT NG ULO
- PARA SA SAKIT NG KATAWAN
- PARA SA KAGAT NG INSEKTO
- PARA SA SIPON

P36.00 per piece

BFAD DRHR No.: 1003

Garlic Oil
Softgels

- It Eliminate Enterovirus and Prevent Intestinal Disease.
- Strengthen Immune System and Relieve Cold and Flu Symptoms.
- Lower Blood Pressure, Triglycerides and (LDL Cholesterol).

P3.90 per piece

BFAD F.R.: 66029
500MG/SOFTGEL

Grape Seed
Softgels

- An Effective Antioxidant that Helps Prevent Aging and Wrinkling of the Skin.
- It Helps Improve Cardio-vascular Health.
- Helps Prevent Heart and Brain Function Deficiency.
- It Improves the Speed of Hair Growth.

P5.60 per piece

BFAD F.R No.: 65667
500mg/capsule

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09 RAMBO: FIRST BLOOD (1982)

Sylvester Stallone

What your GF should know: Vietnam War vet John Rambo shakes up a small town run by a sheriff who hates drifters. With nothing but his signature guerrilla tactics and trusty knife to count on, he battles police brutality and escapes a manhunt with hardly a scratch. In the end, power-tripping cops are killed and hero lets out a big "eff you" to the horrors of war and comments on the harsh realities of civilian life.

10 THE HANGOVER (2009)

Brad Cooper, Zach Galifianakis, Ed Harris

What your GF should know: We've all had that kind of morning when memories are few and the aches aplenty. But marrying a hot stripper with a baby, stealing Tyson's pet tiger, pulling out your own teeth and leaving the groom locked on a roof deck all day? The sickest bachelor party just went down and four very hung over men in a roofies-induced haze must get back in time for the wedding. What happens in Vegas...

11 ROCKY (1976)

Sylvester Stallone

What your GF should know: The quintessential underdog flick and arguably the best sports movie of all time. Stallone essays his iconic role as Rocky Balboa, a club fighter who earns a shot at the heavyweight title against world champ Apollo Creed (Carl Weathers). How can you not adore an underdog who trains and goes the distance to prove his worth to the world?

12 TAKEN (2008)

Liam Neeson

What your GF should know: Neeson, in his bid to become father of the year, cocks his guns as ex-CIA agent Bryan Mills, who embarks on a solo mission to take down the Albanian slave traders that kidnapped his daughter. In a brief chat with one of his kid's abductors, Mills tells him, "If I find you, I will kill you." And he does just that days later, then goes on to foil a major sex slavery ring protected by a boatful of Arabian henchmen.

13 IRON MAN (2009)

Robert Downey Jr.

What your GF should know: With money to burn and the brains to generate cash by the billions, it's hedonism all the way for hotshot weapons maker and A-list womanizer Tony Stark (Robert Downey Jr.). But when arms dealers kidnap and nearly kill him, Stark sets his life straight, transforming into a superhero hellbent on ridding the world of his destructive toys. Believe it when fanboys say this is one origin story that's masterfully told. We'll take this over its clunky sequel anytime.

14 TOP GUN (1986)

Tom Cruise, Kelly McGillis, Val Kilmer

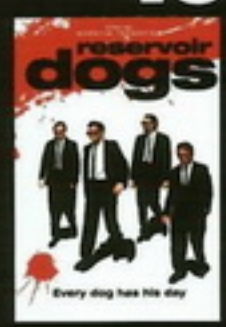
What your GF should know: Who didn't want to be Maverick Mitchell (Cruise)? His perfectly windswept hair and cocksure attitude proved irresistible even to his hot instructor (McGillis)—something we all wish we could have done while learning how to do barrel rolls in dogfights.

15 OCEAN'S ELEVEN (2001)

George Clooney, Brad Pitt, Matt Damon, Don Cheadle

What your GF should know: All that flashy star power onscreen makes us want to don a pair of Ray-Bans. This rip-rollicking buddy and heist adventure is a parade of slick characters we want to be brothers with. Forget the run-of-the-mill plot, it's the suits, shades, babes, knowing eyebrow-raises and one-liners we want a taste of.

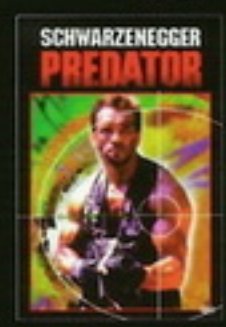
16 RESERVOIR DOGS (1992)



Harvey Keitel, Steve Buscemi, Tim Roth, Michael Madsen

What your GF should know: On the day of their big diamond heist, jewel thieves with color-coded aliases discuss the meaning of "Like A Virgin" and the concept of tipping over breakfast. What follows are flashbacks of the botched crime based on each player's recounting of the event. They agree they were set up and that there's a rat among them who's responsible for the shakedown. As the day unravels, they realize their growing hatred and suspicion of each other can only lead to a blood-splattering end.

17 PREDATOR (1987)



Arnold Schwarzenegger, Carl Weathers, Jesse 'The Body' Ventura

What your GF should know: A sleeveless Arnold and his team of elite soldiers are sent to the jungle to rescue American hostages from rebel guerilla fighters. Unbeknownst to them, they are also being hunted by a camouflaging alien life form known as the Predator. Soon, his teammates die one by one in the most gruesome way possible. Only Arnold, of course, survives. But only after he stops acting like prey.

18 GONE IN 60 SECONDS (2000)

Nicolas Cage, Angelina Jolie, Robert Duvall

What your GF should know: Memphis Raines (Cage), a retired car thief, is forced back into action to rescue his brother who's captured by a British crime boss. Brace yourself for Raines's spectacular leap over the Vincent Thomas Bridge to elude the police chasing him. How every guy wished he could do the same to every pesky MMDA enforcer in town. Oh yeah, Angelina Jolie is in it, too, as Memphis's old flame and partner-in-crime Sway.

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19 UNFORGIVEN (1990)

Clint Eastwood

What your GF should know: William Munny (Eastwood), a retired assassin turned farmer, reluctantly takes to his revolvers to do one last job. Unlike when he was younger and meaner, killing doesn't come easy for him now. Enter a despotic sheriff (Gene Hackman), who, with his utter nastiness, brings out the demons that once ruled Munny's turbulent past. So he turns into a monster gunslinger one last time, saving everything and everyone but his soul.

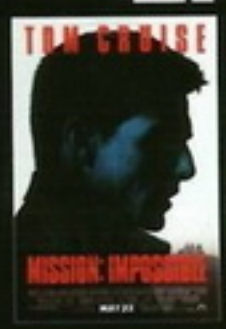
20 THE EXPENDABLES (2010)

Sylvester Stallone, Jason Statham, Jet Li

What your GF should know: The triumvirate plus other relics of '80s action play mercenaries on a mission in Somalia. With the staccato sound of gunfire punctuated by some huge explosion that sends hapless bodies flying every few minutes or so, who has time to bother about the plot? Save for token, self-deprecating one-liners, this buddy caper's loaded with all the big guns and spine-breaking armed combat you can enjoy.

21 MISSION IMPOSSIBLE (1996)

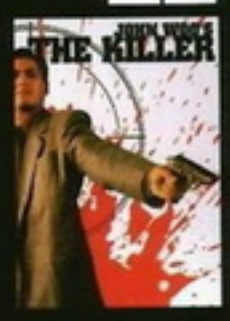
Tom Cruise



What your GF should know: One of the coolest spies ever to grace the big screen, Ethan Hunt (Cruise) is a member of an elite branch of the CIA. International espionage, double dealing and hidden intentions are the name of the game here. Hunt unravelling the mystery before time runs out is like watching an action-packed Rubik's cube solve itself. Marvelous!

22 THE KILLER (1989)

Chow Yun-fat



What your GF should know: This delectably vicious gem directed by John Woo stars Chow Yun-fat as an assassin with a conscience. He does one last job to raise money for the operation of a nightclub singer he nearly blinded in a previous encounter. The film's exploration of the meaning of honor, friendship and love is nearly lost in an onslaught of almost-pornographic display of violence and bloodshed.

23 UNDER SIEGE (1992)

Steven Seagal, Tommy Lee Jones, Gary Busey

What your GF should know: Real-life Aikido master Steven Seagal is a former U.S. Navy Seal turned cook who must stop a group of mercenaries from taking over a Navy battleship. The bad guys plan to steal nuclear weapons and sell them on the black market. Order is restored thanks to the iron chef, naturally, whose recipe for annihilation includes burying a knife through his enemy's eye.

24 SPEED (1994)

Keanu Reeves, Dennis Hopper, Sandra Bullock

What your GF should know: Before he confused us all in *The Matrix*, Reeves headlined this action thriller as LAPD cop Jack Traven. He matches wits with deadly terrorist Howard Payne (Hopper), who rigs a bus to explode if it travels under 50 miles per hour. It's the worst day to be a commuter, but with sexy road warrior Sandra Bullock behind the wheel, Jack outfoxes his nemesis, reclaiming mastery of the streets.

25 DIE HARD (1988)

Bruce Willis

What your GF should know: This film has all the delightful treats that make an '80s action flick a classic—eardrum-crushing fireworks out of nowhere, solid doses of gunfights every few seconds, an inordinate amount of blood and scathing curses all taken to the extreme. Bruce Willis stars as the unforgettable John McClane, the man who've had bad days way before 24's Jack Bauer came along.

26 DEATH WISH (1974)

Charles Bronson

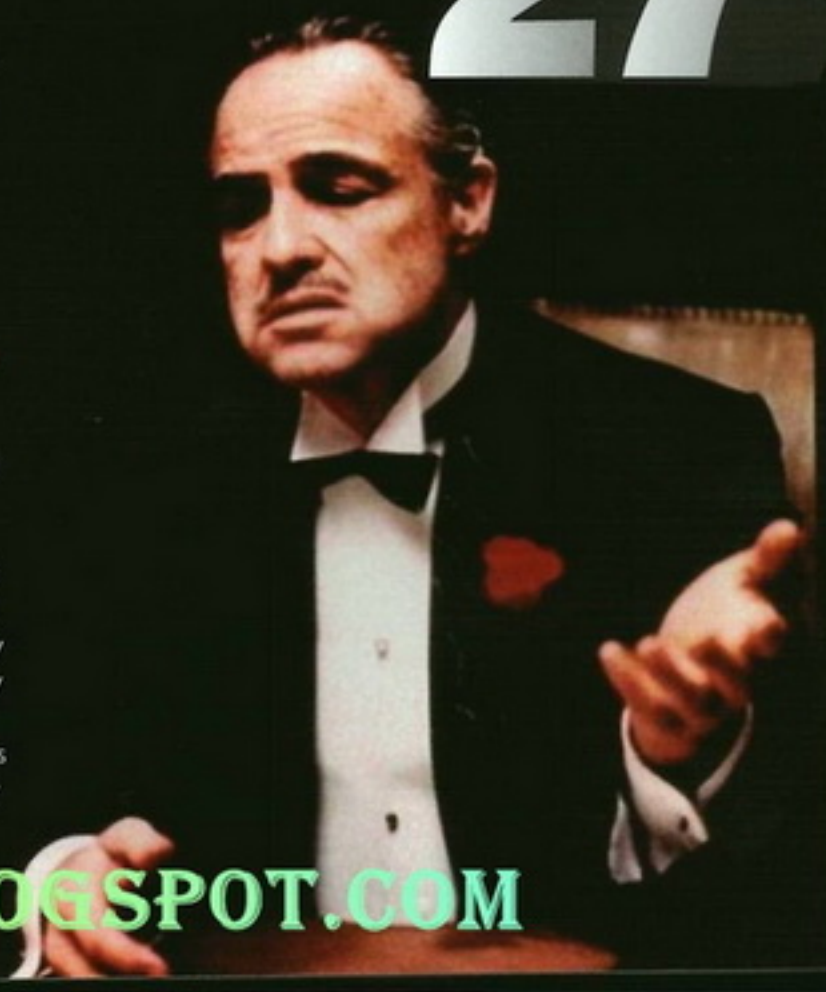
What your GF should know: From meek architect and devoted husband and dad to coldblooded killer, Bronson as Paul Kersey stalks criminal scum at night to exact justice for the rape of his wife and daughter, killing the former and leaving the kid in a coma. He takes to vigilantism easily, patrolling dark alleys and streets nightly as guiltless protector of the defenseless.

THE GODFATHER SERIES (1972, 1974, 1990)

Al Pacino, Marlon Brando, Robert de Niro

What your GF should know: This gangster epic teaches men the meaning of family, legacy and honor. Set amid a landscape deeply rooted in ambition, betrayal, crime and violence, this film is required viewing for every dick out there.

27



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28 BATMAN: THE DARK KNIGHT (2008)

Christian Bale, Aaron Eckhart, Heath Ledger

What your GF should know: The late Heath Ledger cements his legacy with an edgy take on the Joker, a far cry from the more cartoonish portrayals of the past. His smeared makeup, eerie mannerisms, cunning smarts and appetite for mayhem, murder and destruction prove to be the perfect foil to the dark and brooding Batman.

29 300 (2007)

Gerard Butler, Rodrigo Santoro

What your GF should know: For two hours, 300 buff, shirtless men with six-packs defiantly battle with nothing but spears and swords. Butler's Leonidas is the leader of the crew. Oh, he has a pre-fight sex scene with his barely clothed queen in here to give you a breather. But it's the blood and gore that'll make you blush.

30 MACHETE (2010)

Danny Trejo, Jessica Alba, Lindsay Lohan, Steven Seagal

What your GF should know: Machete (Trejo) is a down-on-his-luck Mexican renegade Federale, running around the countryside with a huge machete. Vowing to avenge the death of his family, he moves to Texas and hacks his way through all the people who've done him wrong, with the help of gun-toting hotties Michelle Rodriguez and Jessica Alba and Lindsay Lohan in a nun's habit.

31 THE TERMINATOR (1984)

Arnold Schwarzenegger, Linda Hamilton, Michael Biehn

What your GF should know: An artificial intelligence system known as Skynet has taken over earth in a bid to eradicate humanity. So an evil Terminator unit (Arnie) is sent back in time to kill Sarah Connor (Hamilton), the mother of human resistance leader John. But Kyle Reese (Biehn) also arrives from the future to protect her. He does just that and more by having sex with her. A classic tale of man versus machines and death by hydraulic press. Unmissable!

32 HARD TARGET (1993)

Jean-Claude Van Damme

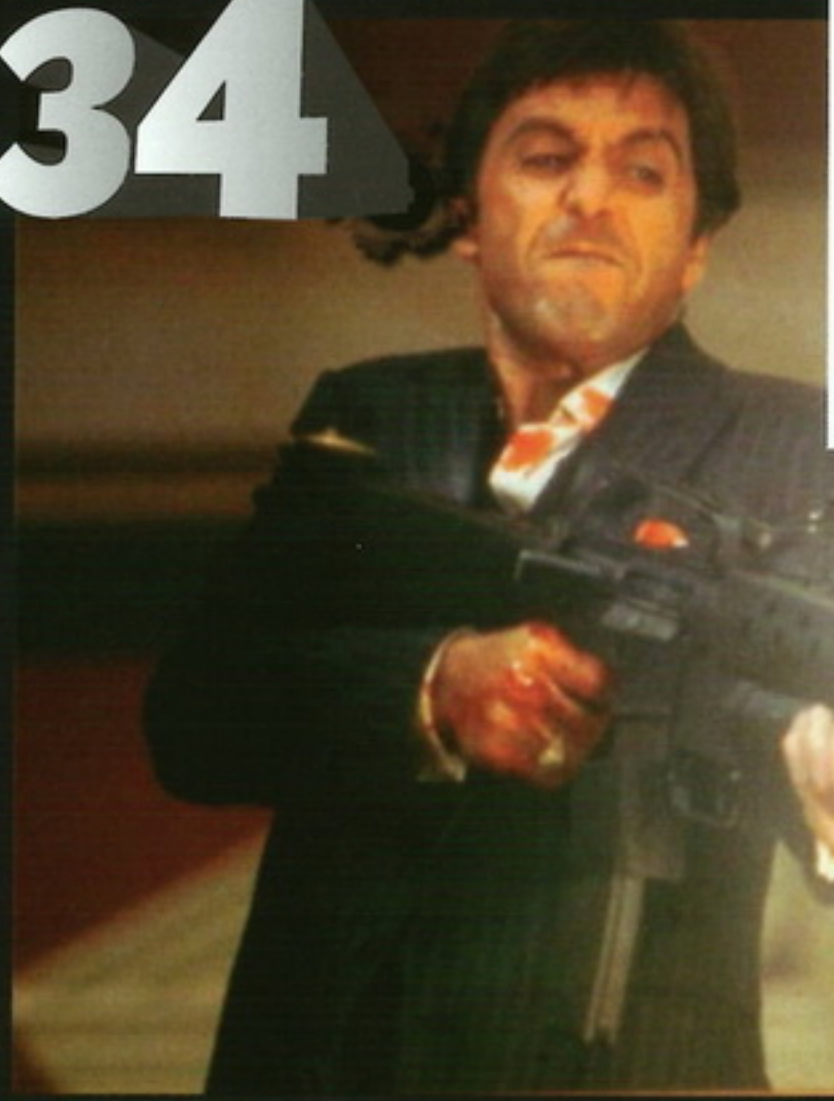
What your GF should know: Jobless sea merchant named Chance Bordeaux (Van Damme) saves a lady from creepy thugs then aids her to find her missing dad. His exotic name aside, Van Damme thrills in John Woo's technically mesmerizing Hollywood directorial debut. His acting doesn't figure much in the equation thankfully, so you'll tune in more for his skills as gunfighter and martial artist, complete with his patented flying kicks and crotch-aching splits. Which should suffice.

33 SUPER COP (1992)

Jackie Chan, Michelle Yeoh

What your GF should know: The irrepressible Jackie Chan plays Ka-Kui, a cop assigned to infiltrate a drug lord's organization. You get what you pay for in this one, with its last few minutes basically looking like an action montage brimming with awe-inspiring stunts. You'll witness a helicopter crashing into a train tunnel and landing on the bad guy. Not that he doesn't deserve it, but it sure feels like one of the most painful deaths of a crime boss ever filmed.

34



SCARFACE (1983)

Al Pacino

What your GF should know: His friend may be little, but his *cojones* most definitely aren't. Al Pacino tears through the screen as the unforgettable Tony Montana, a Cuban immigrant turned drug kingpin. Watch as he shoots a grenade launcher and snorts cocaine on his way to cinematic immortality.

35 HAROLD & KUMAR GO TO WHITE CASTLE (2004)

John Cho, Kal Penn

What your GF should know: Harold (Cho) and Kumar (Penn) are a pair of stoners who love nothing more than indulging in a bit of Mary Jane. One evening after a pot session, the munchies take over and they suddenly crave White Castle burgers they just saw on a TV ad. Their quest becomes a wild goose chase across the city, complete with extreme sports, punks, police officers, raccoons and, of course, more weed.

36 HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (2008)

John Cho, Kal Penn

What your GF should know: Stoner Kumar and straight-laced Harold board a plane for Amsterdam but become victims of American paranoia and racial profiling. They make a run for it and hell takes a turn for the hilarious as they follow a drugged-up Neil Patrick Harris to a whorehouse, encounter a redneck alien-like offspring and smoke pot with President George W. himself.

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37 PINEAPPLE EXPRESS (2008)

Seth Rogen, James Franco

What your GF should know: This one's for all the stoner fans out there. Lazy stoner Dale (Rogen) only ever visits his dealer Saul (Franco) to buy weed. This time, however, he's salivating to sample an extremely rare strain called Pineapple Express. But when Dale witnesses a crooked cop and drug lord murder someone, the pair flees for their lives. And boy, do these stoners move fast!

38 KILL BILL VOL. 1 & 2 (2003, 2004)

Uma Thurman

What your GF should know: Not much else needs to be said about *Kill Bill* other than 1) Uma Thurman wears a skin-tight yellow bodysuit; 2) that she is very adept at wielding a samurai in said bodysuit and; 3) it's Quentin Tarantino at the helm, instantly turning this revenge tale into a must-watch for rabid followers of in-your-face and stomach-churning violence.

39 OLD SCHOOL (2003)

Luke Wilson, Will Ferrel, Vince Vaughn

What your GF should know: Three thirtysomething dudes (Wilson, Ferrell, Vaughn) escape the everyday demands of adulthood and form the most famous fraternity in town. Once more, they experience the joys of mindless drinking, awkward one-night-stands and even find time to go streaking. Only these master funnymen can make education, responsibility and life zanily seem like a complete waste of time. Beer bongs, anyone?

40 PLATOON (1986)

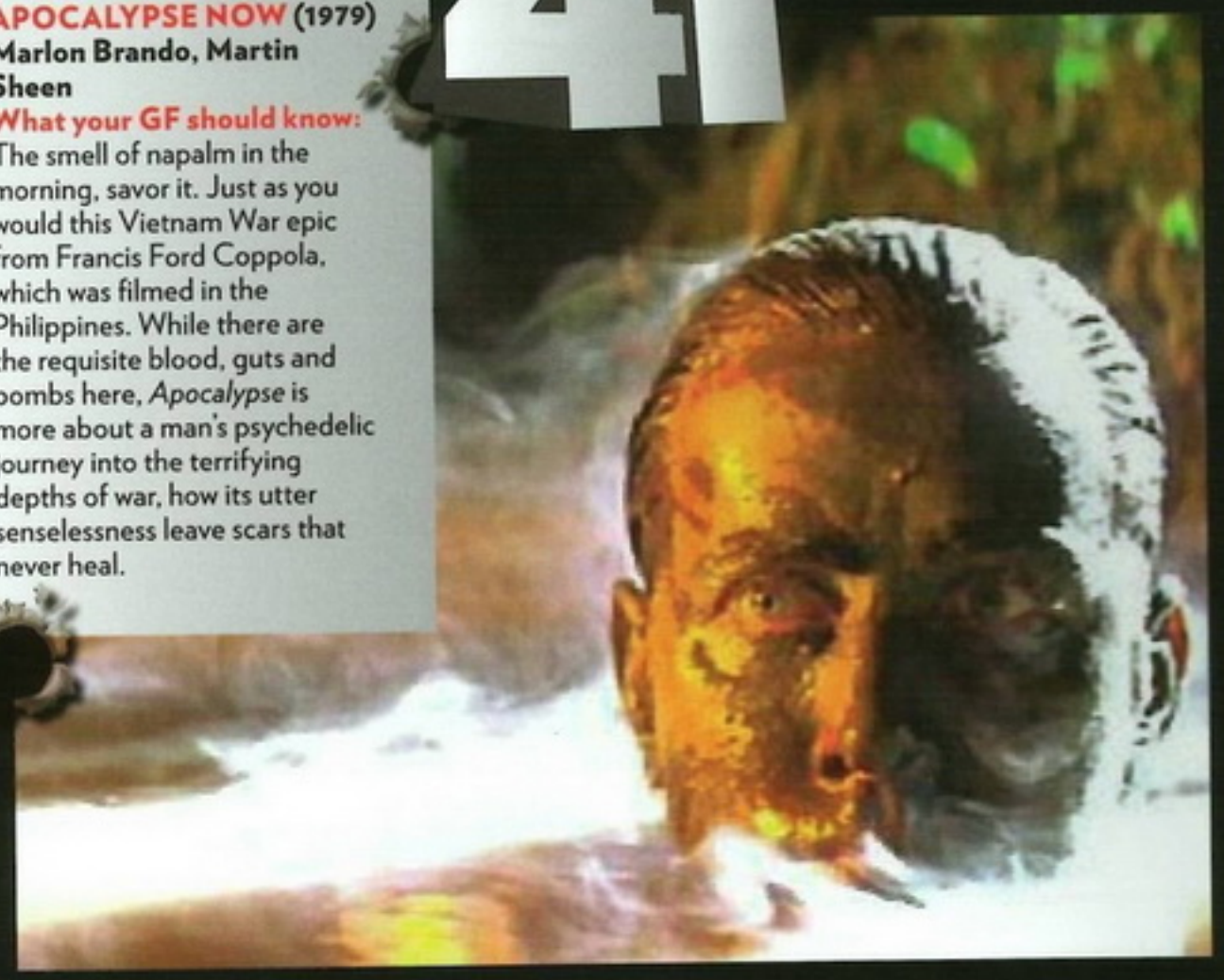
Charlie Sheen, Tom Berrenger, Willem Defoe

What your GF should know: Oliver Stone filmed this war classic right in our own backyard and it stars Charlie Sheen as Chris Taylor. He's a young American who drops out of college and enlists for combat duty in Vietnam. There he quickly comes face to face with war's endless atrocities, forcing him to question his insignificance as an inexperienced fighter.

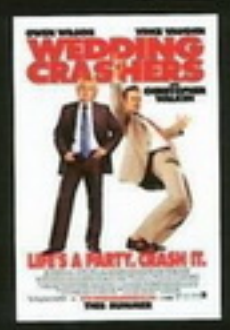
41 APOCALYPSE NOW (1979)

Marlon Brando, Martin Sheen

What your GF should know: The smell of napalm in the morning, savor it. Just as you would this Vietnam War epic from Francis Ford Coppola, which was filmed in the Philippines. While there are the requisite blood, guts and bombs here, *Apocalypse* is more about a man's psychedelic journey into the terrifying depths of war, how its utter senselessness leave scars that never heal.



42 WEDDING CRASHERS (2005)



Owen Wilson, Vince Vaughn

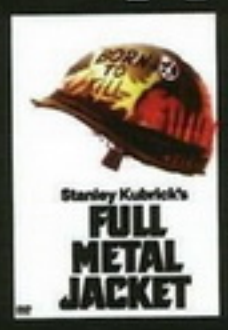
What your GF should know: Two dudes (Wilson and Vaughn) crash weddings to pull some tail. These two geniuses eventually meet their match when they lock horns with Ivy League asshole Bradley Cooper. That isn't as arduous a task as it sounds. If we were in their shoes and had a chance to nail the gorgeous Rachel McAdams at some wedding, we'd definitely break out the trusty *barong* and go for broke.

43 FORGETTING SARAH MARSHALL (2008)

Jason Segel, Kristen Bell, Russell Brand

What your GF should know: Hot actress Sarah (Bell) breaks up with musician Peter (Segel) who then goes to Hawaii to drown his sorrows. There he meets and falls for adventurous hot brunette Mila Kunis. But just when things between them heat up, Sarah shows up and, though with new boy-toy in tow, falls for his ex again. How can a fumbling and badly groomed softie in terrible shape be such a chick-magnet? There's hope for all of us still!

44 FULL METAL JACKET (1987)



Matthew Modine, Vincent D'Onofrio, R. Lee Emery

What your GF should know: Stanley Kubrick's gritty masterpiece about the Vietnam War begins at home, where new recruits are tested beyond their limit so they can, as mentally strong Marines, withstand the dehumanizing realities of violence. What becomes of them are soldiers ready to die for flag and each other. But few survive with their sanity and humanity still intact.

45 FROM DUSK TILL DAWN (1995)

George Clooney, Quentin Tarantino

What your GF should know: Two robbers on the run (Clooney and Tarantino) spend the night drinking at Titty Twister, a strip joint in Mexico that features star dancer Satanico Pandemonium (Salma Hayek). After blood is spilled following an altercation among guests, bar employees like doorman Chet Pussy (Cheech Marin) and strippers turn into vampires that hunger for more of the gushing red juice by the minute. Decapitation, gross-out gunfights, mayhem follow, all captured in true B-movie goodness! **FHM**

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TARGET

ACQUIRED

SACHIE

SANDERS

IS BACK.

ALL EYES

HERE NOW!

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SHOT ON LOCATION AT HOTEL H20,
MANILA OCEAN PARK, MANILA CITY

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STRING BIKINI FROM CHARINA SARTE; EARRINGS AND NECKLACE (WORN AS BRACELET) FROM PARFOIS; PUMPS FROM JANYLIN

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Musicians create "Greatest Hits" albums when their careers have reached a certain high point and street-cred is at its maximum. The album is usually a collection of familiar tunes and go-to tracks that, through the years, have not only shaped experiences and changed lives, but also have had their fair share of karaoke playtime.

Now, just like The Rolling Stones or U2, American rock band Chicago has a "Best of" album, and our model's fallback-song happens to be in the track list.

"My favorite is 'Look Away' by Chicago," says ex-Hot Babe and model/singer Sachie Sanders when asked what her favorite videoke song is.

But enough about the aural and let's focus on the visual. On print, Sachie is the equivalent of a "Greatest Hits" album. She'll stimulate your senses and cure your lonely nights. The kind you'll put on repeat because you'll never get tired of her. So here, we present The Best of Sachie Sanders, smoldering at what she does best.

We were watching you work the set and we must say you are a natural.
I've done a number of shoots before. And *pag nasa isang* shoot *ako, ayokong maging pabigat para hindi na tumagal.* I want the photographer to be comfortable with me and I want to make everyone else's job easier as well.

You're obviously good-looking. What would it take for a man to grab your interest?
Dapat talagang sincere *na nanliligaw. Ayokong mayroong hinahabol lang sa iyo na...alam mo na.*

We don't. Please enlighten us.
It's hard to explain but I like those guys who invite you out to dinner and take you to a movie. But the perfect date for me would be somewhere out of town. Take me to a place like Tagaytay *at masaya na ako run.* We can have dinner *at siyempre malamig dun*! Ha ha!

So a place where it's cold and nice to cuddle?
Yes! Ha ha!

And what should a man possess?
Physically, *mahilig ako sa tisoy.* Weakness *ko yun! Kailangan matangos ilong at maganda yung* eyes, lips and he has to smell good. *Mabango dapat parati. Kailangan din siyempre mabait, hindi sinungaling, may paninindigan, hindi babaero, yung may respeto at higit sa lahat hindi nananakit.*

Well said. Those are expectations to live up to.
Well, it's because I used to be the jealous type. *Pero ngayon, masasabi kong hindi na. Magseselos lang ako kung may dapat ikaselos, pero kung wala naman, okay lang ako kasi pagmumulan lang ng away yan.*

Finish this sentence: I will never _____.
I will never ever have a guy who will be manipulative to the point where I look stupid to others. And I mean never! *Nagkaroon na ako ng ganun* and I've learned my lesson! Everything happens for a reason. *Nasa sa iyo kung paano ka matututo mula sa mga pagkakataon na nadapa ka.*

You seem to be very levelheaded. Is it safe to say you can handle yourself even without a man?
Of course! *Kayang-kaya*! *Kaya kong mabuhay nang walang lalaki*! Ha ha!

What has been keeping you busy lately?
I've been doing a lot of shows and events. Right now I'm trying to form a band. We lean more towards RnB *pero* we can play anything.

Do you like playing up your sex appeal?
Yes, of course. Ha ha! *Mas maganda yung* sexy *ka* all the time—sexy but not trashy.

So how do you make sure your sexy juice doesn't run out?
I still think you always have to be physically fit. Feeling and being sexy doesn't necessarily mean wearing revealing clothing. For me you should just be yourself. Go with your personality *at di ka matatalo.*

There's a watermelon tattoo on your back. Care to share its origins?
I got it because for me it means I am juicy! Ha ha!

Does that translate to the bedroom?
Hindi puwedeng ako ang sumagot niyan! Iba dapat! Ha ha! *Pero parang sinabi ko na rin kasi pina-tattoo ko di ba?* **FHM**

BIKINI FROM AZUCAR; PLATFORM HEELS FROM BRANDY AND ZOE; BANGLES FROM COSMOPOLITAN CLOTHING

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EARRINGS AND NECKLACE (WORN AS BRACELET) FROM PARFOIS; PUMPS FROM JANYLIN

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FERDINAND MA
DISCOVER the

WORDS: B.A. BORLEO
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PHOTO REPRODUCTION BY DAIRY DARILAG
"*FIRST MASS AT LIMASAWA*" BY BOTONG FRANCISCO TAKEN FROM DLSBROS.COM

01 SPANIARDS DISCOVERED THE PHILIPPINES

WHAT WE WERE TOLD: You know Yoyoy Villame's song: "On March 16, 1521/when the Philippines was discovered by Magellan."

THE TRUTH: Ferdinand Magellan, who was on a voyage to find spices and to conquer new lands in the name of Spain, wasn't the first European to reach our shores. The Italians and the Portuguese actually came way before him for the same purpose. "Luduvico Barcennas was here in 1505, Francisco Cerrano in 1512," according to Dr. Augusto De Viana, chairperson of University of Santo Tomas' Department of History and former Chief History Researcher of the National Historical Institute. "It adds to the belief that we weren't accidentally discovered." Historian Ambeth Ocampo, in his book *Looking Back*, writes that around 200AD the cartographer Ptolemy had included our archipelago in his maps, calling the group of islands Barussae. Ocampo adds, "The Chinese, as early as 1100AD, were trading with Filipinos and the islands were referred to in their maps and chronicles as Ma-i or Mayi."

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GELLAN did not PHILIPPINES

...AND 12 OTHER INCONSISTENCIES IN OUR COUNTRY'S HISTORY THAT *FAM* SEEKS TO CORRECT—BECAUSE OUR PROFESSORS WERE ALL TOO OLD AND GATHERING DUST TO CARE

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02 JOSE RIZAL WAS ANTI-SPAIN

WHAT WE WERE TOLD: Our National Hero, Dr. Jose Rizal, wanted Spain out of the country.

THE TRUTH: Although everyone uses him as a focal point when talking about the Filipino-Spanish War, Jose Rizal was in fact the biggest *coño* kid you could imagine, says Walk This Way proprietor and tour guide Carlos Celdran. "When he traveled to Spain, he saw that the country had become more liberal and he wondered why it never got transmitted to the Philippines." Rizal's *Noli Me Tangere*, adds Celdran, clearly showed who incurred Rizal's ire. "The novel's bad guys were the Spanish friars, Padre Damaso and Padre Salvi, it's not the Spanish Governor-General," Celdran points out. Concurs Dr. De Viana: "He was pro-Spain but anti-friar. But this is not to say that all friars were evil. Rizal even said 'I was never a traitor to Spain.' This led Nick Joaquin to proclaim in his book *A Question of Heroes*, that Rizal was either the first Filipino or the last Spaniard."

03 AGUINALDO VS. BONIFACIO

WHAT WE WERE TOLD: The two Katipunan leaders hated each other. And when Aguinaldo finally had his opportunity, he had Bonifacio killed.

THE TRUTH: Aguinaldo ordered Bonifacio killed. That's true and the former president even admitted it in his memoirs. But that doesn't mean it was his preferred course of action against his rival. "Aguinaldo hoped for a reconciliation," discloses Dr. De Viana.

In fact, Aguinaldo intended to send Bonifacio into exile. "But associates like Pio del Pilar and Clemente Jose Zulueta urged him to continue with the sentence," says Dr. De Viana. "They told him, 'Ginoong Presidente, *kung gusto ninyo pang humaba ang buhay ninyo ipagpatuloy ninyo ang hatol ng komisyon.*'" And so he did.

Manuel L. Quezon used this bit of information to his advantage during the 1935 Presidential elections, in which Aguinaldo was a candidate. Here's Dr. De Viana: "[Manuel] Quezon brought out the alleged bones of Bonifacio then said, '*Ito* [Aguinaldo] *ang nagpapatay kay* Bonifacio *at kay* Antonio Luna.' It was a very powerful message."

04 APOLINARIO MABINI DIED FROM SYPHILIS

WHAT WE WERE TOLD: Apolinario Mabini, the "Sublime Paralytic" and acknowledged "Utak ng Himagsikan," died from a sexually transmitted disease.

THE TRUTH: Cholera did him in, reportedly after drinking unpasteurized *gatas ng kalabaw*. "Mabini, as the original nominee to be the first Supreme Court Chief Justice, wanted to arrest the Filipinos who were secretly cooperating with the Americans," says Dr. De Viana. "They were members of Congress and Mabini knew them. So they campaigned against him, spreading that he had syphilis and that his disease would go to his brain and he would become crazy."

05 ANDRES BONIFACIO, THE ILLITERATE

WHAT WE WERE TOLD: Andres Bonifacio, the Supremo of the Katipunan, was dumb—that's why he was known to just *sugod nang sugod*.

THE TRUTH: "No, he was not an illiterate," says Dr. De Viana. Although Bonifacio had to drop out of school at an early age mainly because of poverty, "he was a self-taught man and was just a victim of political rumor." Bonifacio's enemies also claimed that he was an atheist and an agent for Spain. "He was very intelligent and had fairly good organizational skills. He was also a theater actor," adds Dr. De Viana. "But if there's one thing that brought him down, it was his arrogance. He wanted to be called 'Haring Bayan' and had aspirations toward monarchy."

CRY OF PUGAD LAWIN BY BOTONG FRANCISCO TAKEN FROM RONCOALVA.WORDPRESS.COM

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06 DEATH OF BONIFACIO

WHAT WE WERE TOLD: How exactly did he die? The details are murky, at best.

THE TRUTH: Major Lazaro Macapagal, who was the one ordered to bring Bonifacio and his brother Procopio to the mountains for execution, wrote simply in his 1929 memoirs that his group had "implemented the penalty of death."

Notes Dr. De Viana: "The mode of killing was up to the researcher to find out. Some of those present during the execution claimed they heard gunfire. *Sabi naman ng iba hindi raw binaril kasi nagtitipid sila sa bala, sinaksak daw.*" There were even reports that the hero's body was decapitated—hence the saying, 'Andres Bonifacio, *matapang na tao. Aputol ang kamay, di atakbo.*' Other historians believed his trial was staged because Bonifacio was already dead."

Another account claims that Clemente Jose Zulueta, a known associate of Emilio Aguinaldo, was the one who pulled the trigger. "*Galit na galit daw itong si* Zulueta *kay* Bonifacio. *Kaya nung nakita niyang di magawang patayin nina* Maj. Lazaro *ang* Supremo, *siya ang bumaril,*" recalls Dr. De Viana.

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07 THE RAPE OF GREGORIA DE JESUS

WHAT WE WERE TOLD: In the ultimate act of hatred against Bonifacio, his wife, Gregoria De Jesus, was raped.

THE TRUTH: "There are things we historians call as silences of history," begins Dr. De Viana. This story is one of those. "What is confirmed is that when Andres was arrested [after Aguinaldo had won the presidency], *dinakip din si* Gregoria. Her captors forced her to reveal where Andres kept the funds of his group. Allegedly, she was tied to a tree and Agapito Bonzon, who led the group that arrested Bonifacio, tried to rape Gregoria. But the men of Gen. Tomas Mascardo saw this and told them to stop." The story goes cold from here. Gregoria, who would live up to 1943, never mentioned anything about the alleged incident.

09 THE CRY OF PUGAD LAWIN/BALINTAWAK/ BAHAY TORO

WHAT WE WERE TOLD: A thousand Katipuneros, led by Andres Bonifacio, tore their *cedulas* and declared war on Spain.

THE TRUTH: The "Cry" indeed happened. It's the where and when that's still murky. According to Spanish *guardia civil* Lt. Olegario Diaz in his account published in *Diario de Manila* in 1896, it happened on August 25, 1896 in Balintawak. Historian Teodoro Kalaw believed it was sometime in the last week of August 1896, in Kangkong near Balintawak. Santiago Alvarez, son of Mariano Alvarez, leader of the Magdiwang faction of Katipunan, said in his *Memoirs of the Katipunan* that it was on August 24 in Bahay Toro. Bonifacio confidante and Katipunan council member Dr. Pio Valenzuela remembered that it was August 23 in Pugad Lawin, which was supported by historian Teodoro Agoncillo. Historian Gregorio Zaide favored August 26 in Balintawak. "The preponderance of documents lead me to believe that it was on August 26 in Bahay Toro, which was a few yards away from Pugad Lawin," says Dr. De Viana. What's more important to know, though, is why the Katipuneros "cried." Recounts Dr. De Viana: "On the day the 'Cry' happened, Bonifacio found out that he was going to be outvoted by the council, which wanted to stay hidden. He wanted to launch the revolution, so *lumabas siya* [from where they were holding the meeting] *kung saan naghihintay sa desisiyon ng konseho yung mga* Katipunero. He said, 'We are going to be arrested, what should we do? Let's revolt!' Those who were left inside were disgusted with his decision and many of them, like Valenzuela, surrendered to the Spaniards."

08 THE AMERICANS INTRODUCED THE PUBLIC SCHOOL SYSTEM

WHAT WE WERE TOLD: The Americans instituted great reforms to our society, starting with free education.

THE TRUTH: The *Kanos* had the impression that the Philippines was so backward and full of ignorant and savage people. Wrong! "A public school system was already present during the Spanish period," says Dr. De Viana. "The local parish churches were the public schools at the time. We actually had a very good public school system, especially after 1863 with the Education Law, where it was ordered that every town would construct two schools, one for boys and one for girls." Still, the Americans got the credit. Now you know better.

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10 THE FLUORESCENT LAMP

WHAT WE WERE TOLD: An electrician from Tondo, Manila, named Agapito Flores invented a so-called tube light. He brought the invention to Pres. Manuel L. Quezon, but Quezon didn't know what to do about it. Flores then met two Frenchmen who bought from him the patent and sold it to General Electric (GE), cheating him out of millions of dollars.

THE TRUTH: This is possibly the first *kuwentong barbero* ever cooked up. "First, Agapito Flores is not real and there's no record of an invention called the tube light," argues Dr. De Viana. "And way before the story came out, GE was already selling fluorescent lamps." Thomas Edison, the inventor of the light bulb, invented the fluorescent lamp in 1896. But it wasn't put into production. GE started selling the fluorescent lamp in 1938. "The Department of Science and Technology has also continually denied the story," maintains Dr. De Viana, "along with the claim that a certain Armando Balite designed the armalite." Still want to boast about the ingenuity of Pinoys to your foreign Facebook friend? Tell him/her instead that a Pinoy invented the Quink ink used by The Parker Pen Company (Francisco Quisumbing) and designed the Lunar Rover Vehicle (Eduardo San Juan).

11 THE PHILIPPINE FLAG

WHAT WE WERE TOLD: The three stars on the flag represent Luzon, Visayas and Mindanao.

THE TRUTH: Whether history corrected itself or historians decided to alter it, the Declaration of Philippine Independence did not have the word "Visayas" on it. The three stars originally represented Luzon, Panay and Mindanao. "This was actually read on June 12, 1898," says Dr. De Viana. "And Aguinaldo didn't write the Declaration [as casual citizens may think]. It was Ambrosio Rianares Bautista. He was also the one who read it and waved the flag during the ceremony. Aguinaldo was just at the side of the window when it happened." June 12 wasn't also the first time the flag was shown to the public. According to Aguinaldo himself, the flag was first unfurled on May 28, 1898 after their victory over Spanish forces in Cavite Nuevo (now Cavite City).

12 THE TWO SIDES OF GREGORIO DEL PILAR

WHAT WE WERE TOLD: Gregorio Del Pilar was a brave general who died young defending his country.

THE TRUTH: But Gregorio, or Goyo, was more than just a young, brave man. He was also known for being ruthless and a playboy. "Del Pilar was Aguinaldo's hatchet man," says Dr. De Viana, adding that Del Pilar and his men had a hand in the killing of Gen. Antonio Luna and the eventual disappearance of the beloved leader's men. "In many instances, he also forced friars to walk from Pampanga to Pangasinan, which was longer than the Death March." Del Pilar also once ordered a friar to clean a latrine with only his bare hands.

But for all his brutality, Del Pilar was an equally capable Casanova. Ambeth Ocampo writes that when the young general died in Tirad Pass, the Americans looted his belongings and found in his pockets "a gold locket with a strand of hair, love letters from his girlfriends and a hanky embroidered with the name of the woman who gave it to him." Says Dr. De Viana: "He had girlfriends in every town he visited. Like his uncle Marcelo H. Del Pilar, he also had a knack for beautiful poetry and he wrote love letters that way."

13 MALACAÑANG'S GOLDEN *ARINOLA*

WHAT WE WERE TOLD: Hidden inside the Malacañang Palace is a golden *arinola*.

THE TRUTH: During his reelection campaign in 1953, it was reported that Elpidio Quirino bought a golden *arinola* for use inside Malacañang. The accusation hurt Quirino's bid for continued power, leading to the election of Ramon Magsaysay. Sadly, though, the story was just a product of cruel politicking. "To begin with, it's not really an *arinola*," says Dr. De Viana. "*Noong araw* Pinoys used to chew *nganga* or *tabako* and they had a *duraan*. Quirino had this big brass cup with a lid for his *duraan*. That's probably where it started." In short, like in most *tsismis*, a big cup became an *arinola*, and brass became gold. **FHM**

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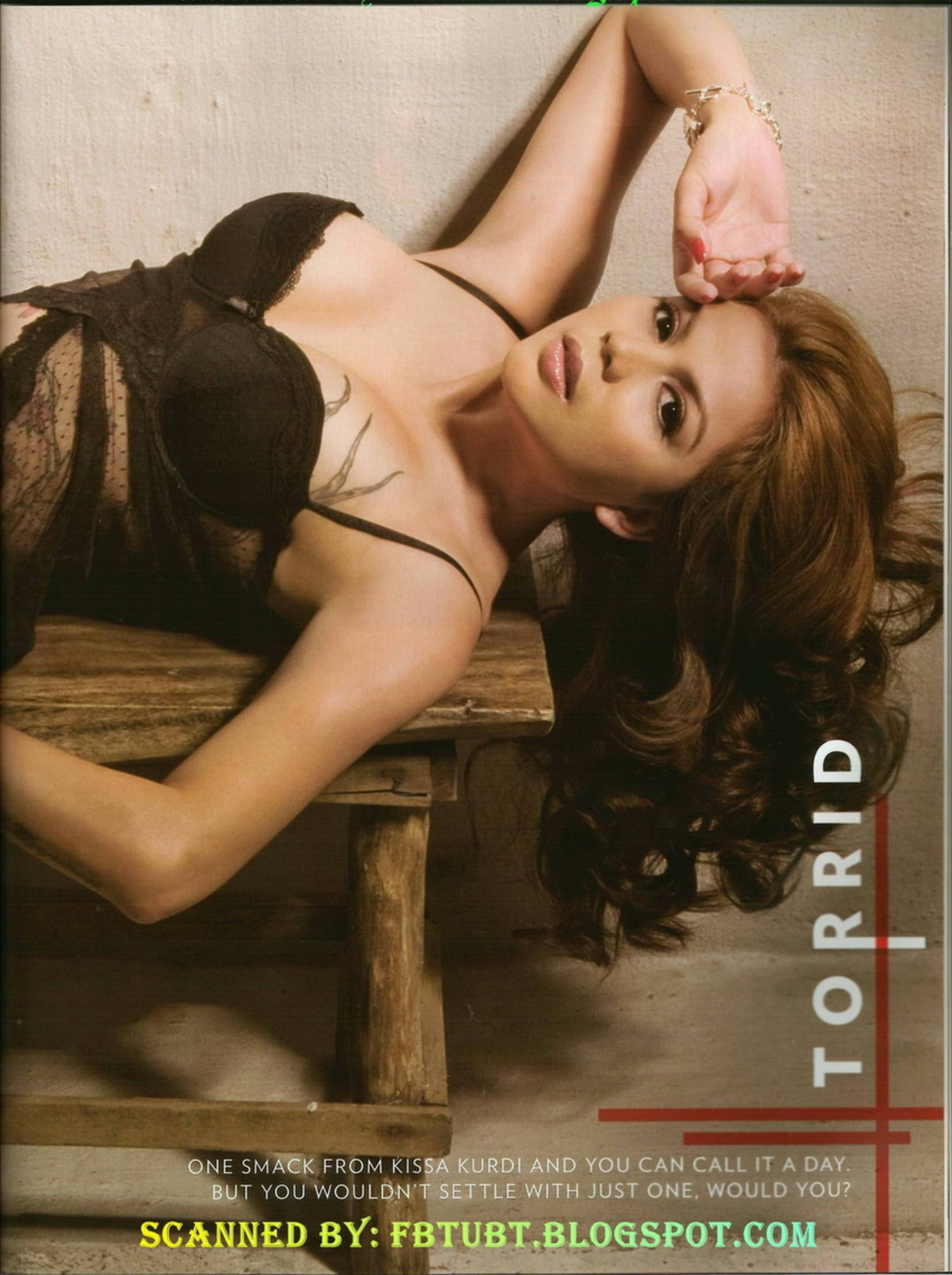

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Cuddle up with Kissa Kurdi and you'll know exactly why she's special. She may look like your typical bombshell with her *maamo* looks and curvaceous bod, but underneath it all, she's just an adventurous romantic waiting for the perfect guy to sweep her off her feet.

Her short stint as a member of the infamous Baywalk Bodies has jump-started her career as a model. But her ambitions go farther than just posing for cameras; this aspiring entrepreneur dreams of settling down and perhaps putting her vocal chops to the test. We may just have found the next Jessa Zaragoza right here.

How has your life been after Baywalk Bodies?

As of now, busy *ako sa* out-of-town shows. *May* regular gig *din ako sa* resto bar *ng dati kong* manager. *Nag-aaral na rin ako ng* pole dancing, ha ha!

You certainly have the physique for that last one. Now that we've finished another shoot, are you considering getting back into modeling or acting?

I prefer singing—RnB, rock, pop pero if ever *may mag-offer ng* movie, why not? *Kaya ko namang umarte, eh.* I'd also like to have a duet with the RnB prince, Jay-R.

Very diverse. How did you find the shoot, by the way?

Happy *ako sa* photographer *ko.* Also, I'm very comfortable shooting indoors *kasi nagagawa ko lahat ng* pose *na gusto ko.* I don't feel conscious being naked.

One of the facts of being a model is that rarely do you get to be a model for life. Ever thought of branching out and doing other things?

May pinatatayo akong salon *sa* province *namin sa* Nueva Ecija. Maybe next month *mag-start na siyang mag-operate.* Someday I want to get married and have kids. It's every girl's dream. *Gusto ko na nga eh, kaso wala pa rin talaga!*

We understand that you like to travel. What is it about traveling that you like?

I like both the journey and the destination. *Kasi* during the journey you meet new people that you could learn new things from along the way. Then once you arrive *sa* destination you discover and experience new cultures.

How profound. What's your favorite place in the Philippines?

Of course, Boracay! *Maraming hubad at naglalakihang katawan!* Ha ha! Outside of the Philippines *naman,* Thailand. *Gusto kong makita ang* Phuket.

Do you ever get "adventurous" when you visit a place?

Yes! Willing *akong mag-try ng lahat ng* delicacies *sa lahat ng* place *na pinupuntahan ko.* Like *sa* Palawan *na-try kong kumain ng tamilok—isang bulateng mahaba. Nakakadiri pero* it tastes like *talaba. Pampa-*"L" *daw sabi nila. Sa* Davao *naman* favorite *ko yung* durian. Like what they say, "Smells like hell, tastes like heaven." *Isa pa palang pampa-*"L" *yun 'no? Mukha na ba akong ma-*"L"?

We're getting ahead of ourselves. Do you prefer traveling alone or with a special someone? Or with friends?

Mas okay *sana* with a special someone. *Pero* single *ako eh, kaya* sorry *na lang sa akin.*

We're sure you'll find someone soon. Have you ever done anything naughty or "spicy" during one of your trips?

I once met this guy when I was looking for a place to stay. He assisted me with my luggage and referred me to a hotel where I could stay. Then that night he invited me out. Since he helped me, I decided to go with him. We got drunk and one thing led to another and then we had the best sex ever!

That's saying a lot. What qualities in a guy turn you on, by the way?

Malaki ang...katawan! May tattoo *at kalbo.* I want a guy taller than me, *yung* sexy *ang* eyes, cute *mag-smile* and *pag tinitigan ka parang kakainin ka ng buong-buo.* Bad-boy look *pero maamo.* Like Derek Ramsay or Vin Diesel—they've got the whole package! **FHM**

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LATER THAT NIGHT...

WHEW! THERE. I LOADED UP ALL THE FIRE-WORKS' MOR-TARS.

WHO KNEW A THOUSAND MOR-TARS COULD BE THAT HARD TO FILL UP?

ANYTHING ELSE I NEED TO DO? MS. ZHENG?

SO YOU FINALLY FINISHED. GOOD, THERE'S STILL A COUPLE OF HOURS MORE BEFORE YOU HAVE TO SET IT OFF.

YOU BETTER WASH OFF AND GET SOME REST. MAKE SURE YOU DON'T FALL ASLEEP...

OK MA'AM.

OH. WOW. YOU DON'T HAVE TO CALL ME MA'AM OR MS. ZHENG YOU KNOW..

CALL ME MEI. LOOK WE STILL HAVE SOME TIME TO KILL AND I BE-LIEVE YOUR FATHER STILL HAS SOME OUTSTAND-ING BALANCE LEFT.

UH? SO WHAT DO I NEED TO DO?

SEEING YOU ALL SWEATY AND RIPPED LIKE THAT, I HAVE THE PERFECT IDEA OF HOW YOU CAN REPAY IT.

UMM. MEI WHAT ARE YOU DOING?

HIHIHI. DON'T PLAY COY NOW. I SEE YOU'VE COME PRE-PARED!

MY PREMIERE STASH!

Premiere Condoms
Feel the Thrill

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OH EREK! THAT'S SO GOOD! IT'S SO BIG, I CAN FEEL YOU FILLING ME UP!!

AH AH

OHH OHH OHH

DON'T STOP! DON'T STOP! DON'T STOP!

PREMIERE Big Bulb

SUPER-SIZED BULB TOP FOR UNRESTRICTED PLEASURE.

THIS IS THE BEST I'VE EVER HAD! CONSIDER ALL OUR TRANSACTIONS PAST AND PRESENT ALL SETTLED!

PREMIERE Ultra Thin

SO THIN IT'S LIKE THERE'S NOTHING THERE.

I'M GOING TO SHOOT MY LOAD!!

OHH OHH

UNH! UNH! SO GOOD. FEELS SO NATURAL.

AH AH AH

AND WITH THAT PUSH OF A BUTTON, THAT SMALL TOWN IN HEILONGJIANG PROVINCE CELEBRATED THEIR NEW YEAR A BIT EARLIER THAN USUAL.

THE NEXT DAY...

YOUR FATHER LEFT THIS NOTE FOR YOU.

HE WANTS ME TO FOLLOW HIM TO THAILAND?!?

Premiere condoms Feel the Thrill

MORE ADVENTURES TO COME...

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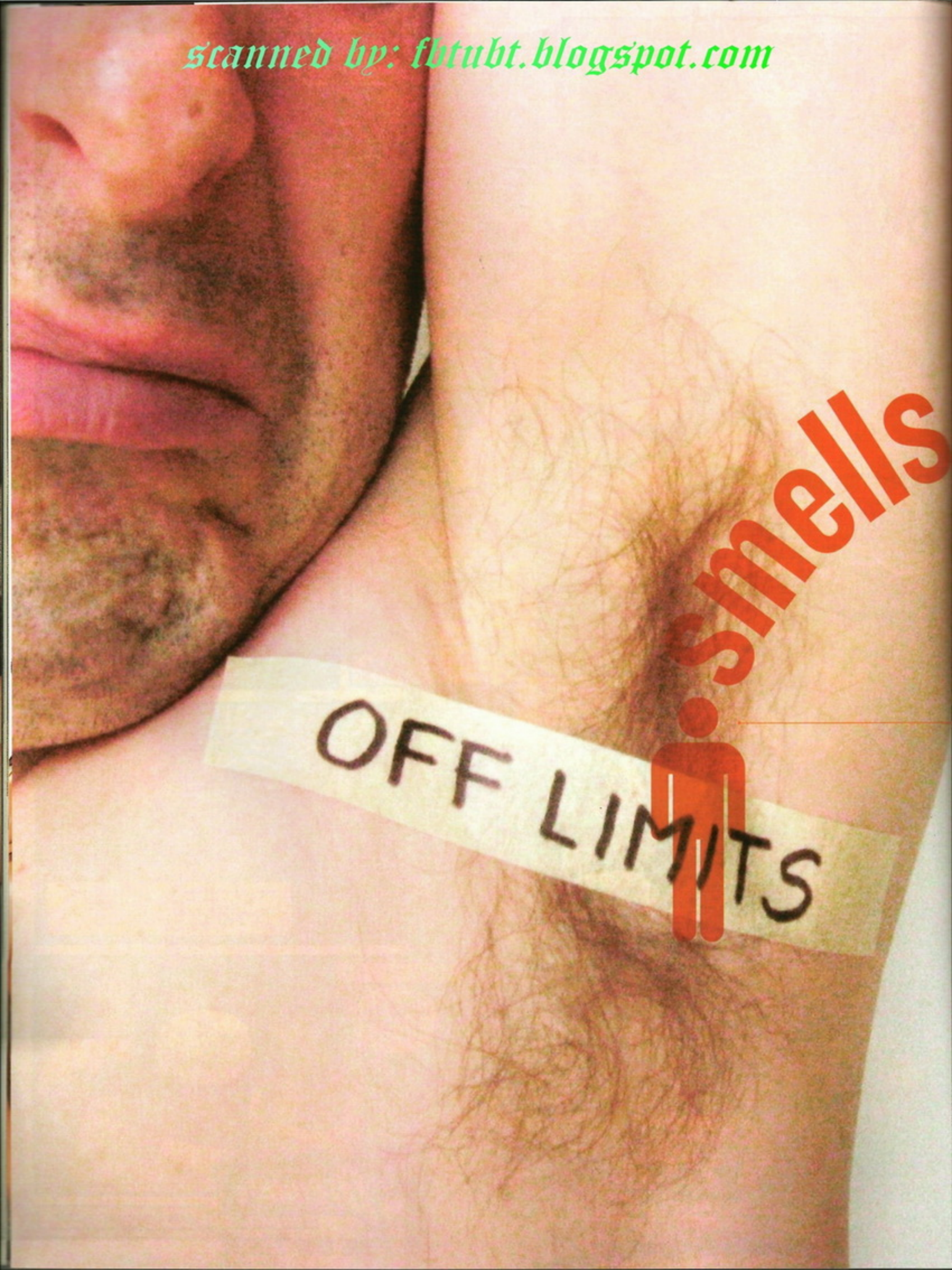

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like unclean spirit

Body odor: When is it dangerous and when is it just plain funny? *FHM* sniffs and investigates

WORDS: CHARMAINE Z. CHANCO, ALEX C. PAITA
PHOTOS FROM GETTY IMAGES
SPECIAL THANKS TO MEDICAL CITY CORPORATE COMMUNICATIONS MANAGER ANNE RUTH DELA CRUZ

GROIN

SMELLS LIKE: Cane vinegar
BLAME IT ON: The hyperactive sweat glands in your inner thighs. Chances are, your groin is just as soaked as your pits, but the sweat it produces is oilier and forms a mound since they're less exposed to sun and wind. And you know what that is for bacteria: prime real estate—in worse situations, developing into a bad case of jock itch.
Hence, the awkward feeling when you walk. Don't even think about swiping a finger across your *singit*.
BUT YOU CAN ALSO BLAME: Too much fat in your body, which causes the skin in your groin to inevitably rub against each other.
THE MEDICAL TRUTH: ...is that in a tropical country like ours, groin odor is a hot issue, but not an impossible one to eliminate. You can do it by washing your crotch twice daily. Keep your *singit* dry by using a clean towel every time you wipe your inner thighs after a bath. Always use new underwear. You may also need to apply an antifungal (ketoconazole) cream, powder or spray.

ARMPIT

SMELLS LIKE: Overripe guava
BLAME IT ON: Bacteria feasting on the byproduct of hyperactive sweat glands. The classic *putok* starts thus: "*Ang* sweat itself *walang amoy*. It's odorless. That's until bacteria that eats up the sweat accumulates, *yun ang* cause *ng* body odor," Dr. Ysabel Lopez-Nazal, chief dermatologist of YSA Skin Care Center, says. Medical studies on body odor report that about 90 percent of men and 70 percent of women have these armpit micro-dwellers. Men, though, emit a more pungent odor.
BUT YOU CAN ALSO BLAME: Genetics. "Probably, the patient suffers from hyperhydrosis or overactive sweat glands," says Dr. Nazal. "If *sa* armpit *lang siya* sweaty, it could probably be localized hyperhydrosis. That means *yung* glands *niya sa kili-kili masyadong mabilis mag-produce ng* sweat and therefore, bacteria is quick to follow."
THE MEDICAL TRUTH: Some solutions are as simple as *tawas* and a little rubbing alcohol. But hyper hydrosis requires more serious treatment. "*Kung* mild case, it can be treated with topical creams," Dr. Nazal says. "But if we check that it's producing volumes of sweat, we'll recommend botox or opt for surgical measures where the sweat gland is operated on."

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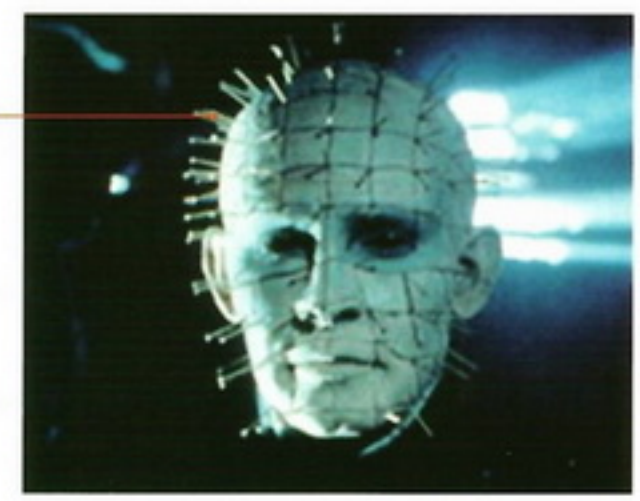
EARS

SMELLS LIKE: A rotting piece of durian
BLAME IT ON: Too much wax buildup. You can hold up your *daliri*, poke for a second, then look and sniff—you're perfectly fine. Paranoid cleaning, though, might actually lead to an even worse situation. "Severe infections of the outer ear canal, most commonly due to excessive cleaning and manipulation using cotton buds, hairpins, ear wax scoops and the like, can also lead to a foul ear discharge," Dr. Windolyn D. Panganiban, ENT-HNS Specialist of St. Luke's Medical Center, says.
BUT YOU CAN ALSO BLAME: Ear pus, or *luga*—that green syrup dripping from your ear that emits an awfully foul odor. "Medically, it's called chronic otitis media. It's an infection of the middle ear that is a common (if not the most common) cause of foul, purulent discharge from the ear," says Dr. Panganiban. "This is due to the substances produced by bacteria, most common of which is the *pseudomonas* species, causing the distinct greenish color and fruity but unpleasant odor."
THE MEDICAL TRUTH: Others have the habit of cleaning their ears every day after taking a bath. Drop it. Earwax is the body's natural method of cleaning out your ears. Sometimes, though, too much wax leads to blockage. Cleaning doesn't even require cotton buds or any small, pointy object since it tends to push wax deeper in the ear. Rinse with warm water and let nature take its course.

NECK/NAPE

SMELLS LIKE: Dirty laundry
BLAME IT ON: Dead skin cells, only more geographically specific. We call it *banil*: grime-layered like rice fields. "*Diyan nagsisimula yung* skin rashes, a bacterial buildup that can spread all over the body. From there it can turn into a serious infection or some other form of skin disease," Dr. Nazal says. If you're obese, the problem worsens. Friction caused by skin rubbing against each other might trigger a stickier dilemma.
BUT YOU CAN ALSO BLAME: Ultra spicy food. Gustatory sweating can also be a culprit to the stink. "*Hindi ba* when we eat something *na maanghang, nagse-secrete ng* sweat *ang* face *natin*? The stimulus of eating that food makes you perspire. *Doon lumalabas yung amoy nung* food and that leaves a distinct scent in the body," Dr. Nazal says.
THE MEDICAL TRUTH: Losing weight is actually the first step to mitigating the *banil*. Also notice how some obese persons have a dark and dirty skin discoloration?

SCALP



SMELLS LIKE: A musty abandoned house
BLAME IT ON: Dirt and dead skin cells accumulated throughout your non-bathing days. The odor isn't even the issue here, but the medical problems that may arise with poor scalp care. "Those dead skin cells in your head carry all kinds of germs. If you let it just stay there, it could lead to irritation, disease and fungal infection. If that happens, *mas* unbearable *ang amoy* and it's harder to treat," explains Dr. Nazal.
BUT YOU CAN ALSO BLAME: Fungus. If your scalp begins to smell of *alipunga* and itches like hell, you're growing an organic garden on your head. Scalp infection is a serious inflammatory disease known to get progressively worse if not addressed quickly. "*Mabilis yan kumalat* and can cause satellite lesions, thickening of skin, bleeding *tapos mabaho siya*," Dr. Nazal says.
THE MEDICAL TRUTH: Good hygiene is your primary line of defense. If *tamaditis* is the culprit for your *danggit-smelling* crown, remember that opting to bathe at least every other day is less tedious than dealing with medical bills and a variety of antiseptic medications.

FEET

SMELLS LIKE: Spoiled *sinigang*
BLAME IT ON: Again, bacteria caused by too much sweating. Especially for those who are in their socks and shoes all day (who isn't?), fungi grow in number and reside in between your toes. Don't wait for them to start nibbling on the top of your skin, as the smell it will emit will be much deadlier and more difficult to snuff out. For starters, you should always dry your feet before wearing socks. And avoid wearing cheap-ass socks and shoes, especially those with synthetic materials that make a lethal combination with sweat and bacteria.
BUT YOU CAN ALSO BLAME: Hyperhydrosis (sweating problem), or a very serious foot odor problem called bromohydrosis, which can be treated with the help of a medical expert.
THE MEDICAL TRUTH: In dire cases, one can resort to surgery in order to block the nerve that causes sweating or completely remove sweat glands. Otherwise, just give it some time and your lady will get used to it.

AIR APPARENT Your fart—explained!

Flatulence is the result of various gases from the digestive process mixing together, which is then expelled through the rectum. These gases can come from different things, from the food we eat to the air we breathe.

A person's fart smell is entirely unique. According to scientists, one possible cause is from genetics: As a baby passes through its mother's vagina during birth, it is infected by the various gases and bacteria in its mother's colon, which the baby then keeps for life.

Silent and warm farts tend to smell worse because of bacterial fermentation in the colon. Some foods (beans, for example) take longer to digest than others. The longer these bacteria ferment in the colon, the more heat is produced and, thus, the smellier a fart gets.

WORDS: JASON TULIO

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EYES

SMELLS LIKE: Rotting flesh
BLAME IT ON: Again, infection. Rubbing your eyelids shouldn't smell like corpse-rot.
BUT YOU CAN ALSO BLAME: Allergies. "Be alarmed if you encounter sudden but intense itching in the eyes as well as if you notice an unpleasant odor coming from it," ophthalmologist Dr. Jose Castillo of the Philippine General Hospital says.
THE MEDICAL TRUTH: "If infectious in nature, treat with appropriate antibiotics. If with abscess, it has to be drained surgically by the specialist," Dr. Panganiban says. She also stresses the value of good hygiene as the best prevention.

MOUTH

SMELLS LIKE: A five-day-old dead rat
BLAME IT ON: Halitosis, the technical term for vile odors exhaled from the mouth. It is said to be the third most common reason for seeking dental help, following tooth decay and periodontal diseases like trench mouth or Vincent's stomatitis, which is a serious gum and periodontal infection. "Halitosis, basically, is caused by tooth decay, cavities and tartar forming in the mouth," says Dr. Laniel Ann Palencia, resident dentist at Delos Santos STI Mega Clinic. Simple solution to the sad affair is to visit the dentist regularly or at least follow the prescribed twice-a-year routine.
YOU CAN ALSO BLAME: Dehydration, diet and smoking. "If it's not dental in origin, these are the less severe triggers," says Dr. Panganiban. She warns of other causes: "Sinusitis, which can present as post-nasal drip; throat infections like tonsillitis; pharyngitis; tonsillolitis, which are salts formed by bacteria sticking to the crypts of the tonsils. Digestive system diseases like acid reflux can also manifest as halitosis. But if we're thinking worst-case scenario, it could be liver and kidney problems, or metabolic diseases. It could be an early sign of malignancy for non-healing ulcers."
THE MEDICAL TRUTH: If your dentist refers you to a physician, start worrying.

NOSE

SMELLS LIKE: Yesterday's spoiled dinner
BLAME IT ON: An infection somewhere in your snout. "It's primarily indicative of infection in the nasal and paranasal areas and the sinuses. Chronic sinusitis could be blamed," Dr. Panganiban says. She also adds that abuse of decongestants (both the spray and over-the-counter meds) may lead to a condition known as rhinitis medicamentosa, which also manifests as foul odor.
BUT YOU CAN ALSO BLAME: "Some tumors of said areas that may also bring about odor," says Dr. Panganiban. "So you need to be cleared by an ENT specialist, who will most probably do an endoscopy to view the inner recesses of your nasal and paranasal areas up to the area of the nasopharynx."
THE MEDICAL TRUTH: If your nose reeks, don't be surprised if the doctor sticks a metal object in it. It's protocol. If your tot's nose reeks, send him to the doctor immediately—it's telling you that something must be stuck inside. "In children, a very common cause of foul nasal discharge is a foreign body stuck in their noses," Dr. Panganiban says. **FHM**

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ABO

LET THE SIZZLING HOT AYA ALONZO RED

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IF SEMANTICS HAS TAUGHT US ANYTHING, IT WOULD BE THAT WORDS ADAPT NEW MEANINGS DEPENDING ON THE CULTURE AND CONTEXT THEY ARE USED IN.

For instance: Back in the '70s the word "bunny" wasn't just another furry critter that liked to eat carrots, but was a term used to describe a really hot chick. In the '80s, saying "bounce" didn't literally mean deflecting off a surface; it was used as a means of saying, "Let's get out of here." Now a cougar isn't just a mountain cat of the mammal family Felidae, but is also a much older woman who preys on younger men in order to score.

The word "bitch," however, has always carried the same derogatory weight it always had since people started using it as a curse word. Calling a woman a "bitch" would either get you a slap on the face or a kick in the balls, so imagine our surprise when our gorgeous model Aya Alonzo clued us in on the new meaning of the word "bitch" according to author Sherry Argov.

"Bitch in the book *Why Men Marry Bitches* means a woman of power. Independent, has a job, a woman who can handle her own," Aya says, laughing at her own answer. Aya is not your typical needy woman. She can carry a decent conversation and stop you on your tracks with her exotic looks. And did we mention she works for a very famous law firm? "Yes, I am 100-percent an independent bitch," she says. We believe you, Aya, but that adjective is not one we here at *FHM* like to call our ladies.

So you work for a very controversial law firm.

Yes, I work at a law firm. I find the work very easy compared to my last job. I used to work at a call center and this day job I have now allows me to get enough sleep. The work is a no-brainer and I like it better.

What do you do when you want to let loose?

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I'm usually around Tomas Morato or in Republiq. I enjoy drinking and chatting with my friends because it's the only time I get to see them since my job at the law firm has me busy.

Does the guy need to be a big spender to get your attention?

No! *Puwedeng ako ang gumastos para sa kanya*! Ha ha!

Does this mean you'd rather do the caring than actually be taken care of?

I've actually been in both situations. *Siguro* this *time gusto ko naman ako yung alagaan* because in my last relationship *ako yung nag-aalaga*.

Interesting. Tell us more about this big baby.

Sobrang bine-baby ko siya! He'd throw tantrums sometimes *tapos lahat ng gusto niyang gawin at bilhin binibigay ko sa kanya*. Not just material things, like even during dates I'd expect him to pay for the movie or dinner, *pero wala*.

We saw you reading a while ago, anything worth our time?

I'm a bookworm. I read a lot. My favorite author is actually Paolo Coelho and right now the book I'm reading is by Sherry Argov, it's called *Why Men Marry Bitches*. Its different from what I'm used to because it's actually a self-help book and you can learn a lot from it.

Great title. So would you say you can be a "bitch" sometimes?

Well, upon reading the book *parang gusto ko na maging* bitch! Ha ha! The bitch they refer to in the book is not the literal bitch that we are all used to. "Bitch" in the book means a woman of power. Independent, has a job, a woman who can handle her own.

Are you one?

Yes, I am completely—100 percent—an independent bitch... I mean woman. Ha ha!

If you were going to dress up for your guy in the bedroom, what would you wear?

I like dressing up and I like playing sexy all the time. But in the bedroom I would probably dress as something rough and still sexy, like the girls in *Moulin Rouge*. Sexy but still classy, and maybe there'll be a whip involved.

What are the weirdest places you've had sex?

The fire exit, the comfort room in a movie theater, and my friend's veranda! Ha ha! *Masarap*!

So during foreplay, where do you like the focus to be on?

Maybe on the neck but I like kissing *sa* lips *talaga*. *Parang* it makes me feel something that I really need to feel before the actual sex. I want a guy who is passionate. I don't want someone who is a hard fucker *kasi gusto ko yung mararamdaman ko yung* love. Yes, I'm a hopeless romantic. Ha ha! Passionate and slow *lang*.

So can you describe for us the last time you felt this "passionate feeling"?

It's been a while. The last time it just started out as a kiss but then we had no idea what we were about to do. *Tapos nandun yung* feeling of excitement. After *mag-kiss, ayun na*! Go *na*! Ha ha! **FHM**

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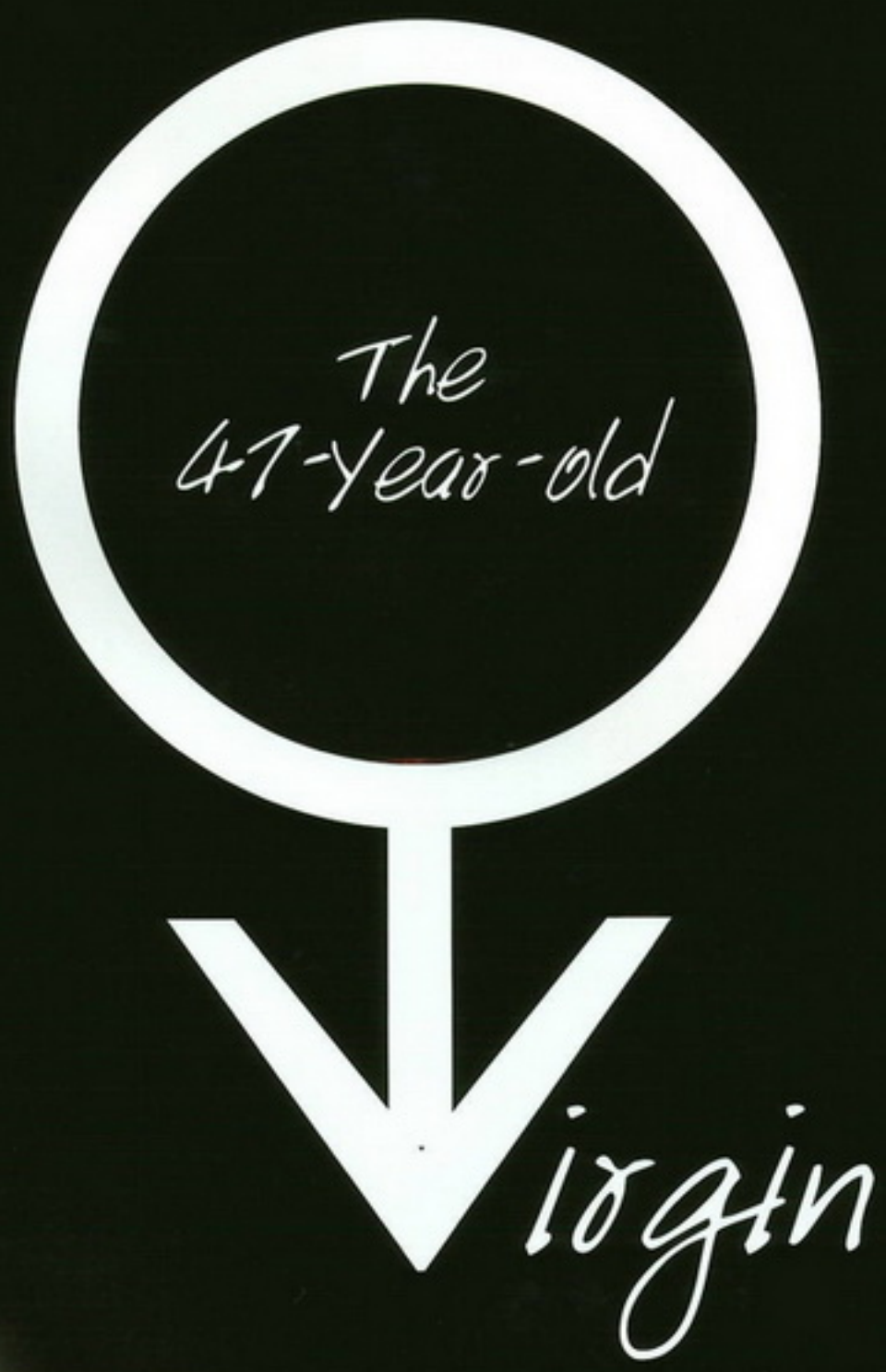

FHM hunts down one and asks him: Why?

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AS TOLD TO B.A. BORLEO PHOTOGRAPHY: REUTERS/DAIICHI, GETTY IMAGES

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You can call me kuya.

I've chosen to be anonymous because I shun public attention. Aside from my family and a few friends, you are the only person I will share my story to.

I grew up in a barely middle-class family. We weren't rich, which was the main reason I'm only a high school graduate. I only got to take one semester of a vocational course for college.

And so I did what most out-of-school youth would—*tumambay*. Occasionally my siblings asked me to fetch their kids from school. I'm the youngest in a brood of seven boys and one girl. After a few years of being the family's errand boy, my elder sister got me a job as a machine operator/*pahinante* in a printing press.

I lasted 20 years in that job, until two years ago when the global recession forced the company to lay off people. I was one of the casualties.

Knowing I'm currently looking for work, a nephew said he might get me a gig as a security guard. In the meantime, I've resumed doing odd favors for my siblings while taking care of my ailing mother and a brother who just had a stroke.

I wouldn't call myself handsome. I'm tall and a bit skinny. My only real passion and talent is singing. I used to be in a church choir and have joined—and won—singing contests. Now, for extra income, I occasionally sing at weddings.

Frankly, there's really nothing special about me, except that I'm still a virgin.

I'm also 47 years old.

Mother knows best

Before anything else, let it be known that I'm 100-percent man. *Tunay na lalaki.*

I believe that my virginity is not my own doing. Believe me, although I could blame my mom—and you'll soon see why—or myself for the decisions I've made, I did not choose to be this way. It just so happened that the circumstances of my life led me to this path.

As we say in the vernacular: "*nangyari lang.*"

I was a normal kid. I played with kids my age, watched cartoons on TV (I even skipped classes just to catch my favorite series) and had a puppy love. She was a neighbor of ours, but I never pursued her. I'd wave at her whenever our eyes met, though, but that was the closest we ever got to connecting.

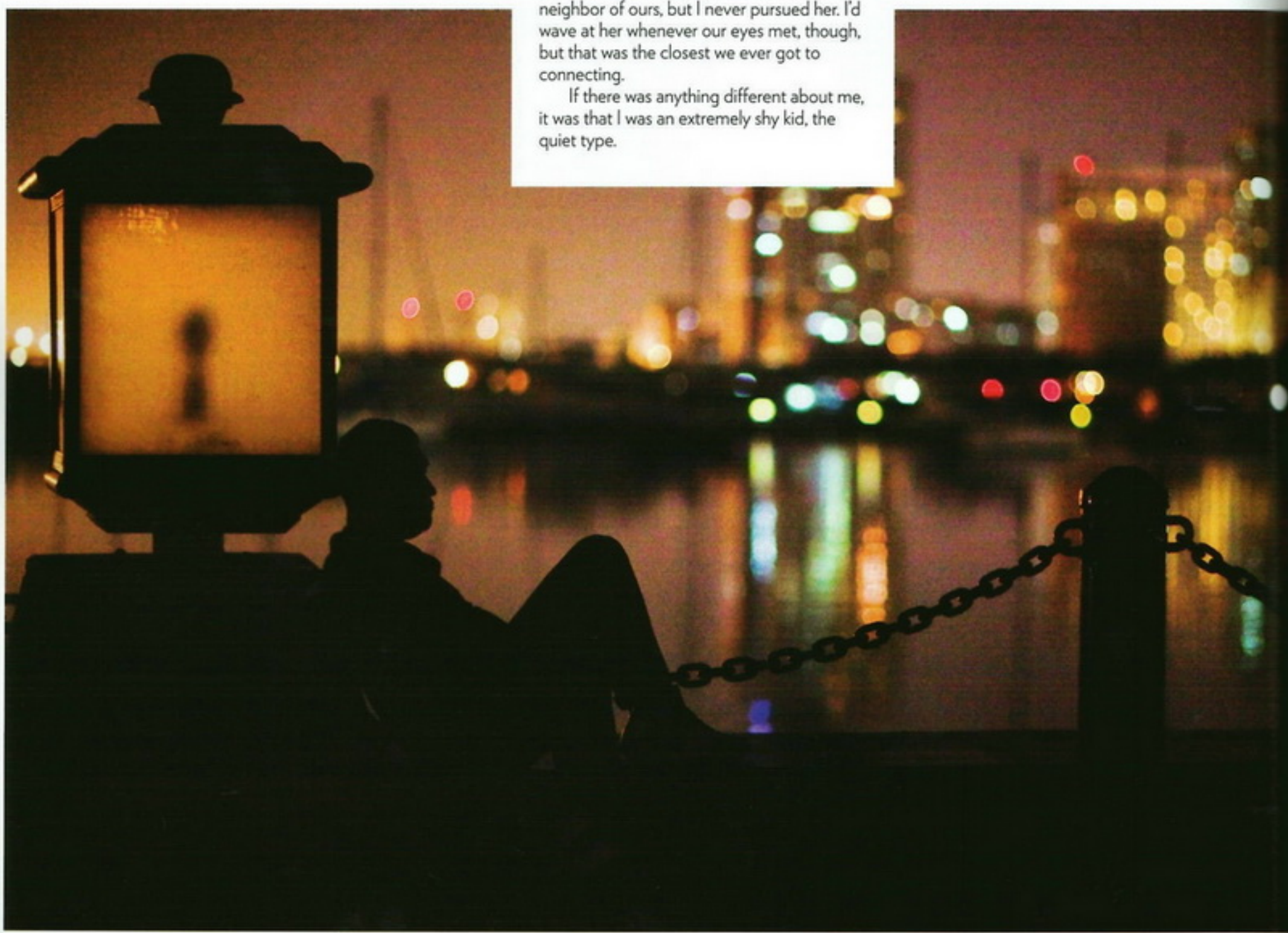
If there was anything different about me, it was that I was an extremely shy kid, the quiet type.

My mother was also very strict. She was a plain housewife who'd spend most of her time practicing her religion. She went to mass daily, sometimes she'd go twice a day. She loved visiting big and famous churches—Quiapo, St. Jude, Sto. Domingo, Baclaran—and always found a way to sit in front of the altar no matter how crowded the church was. As the *bunso*, I was her constant *bitbit*. She was also the neighborhood's resident *mandadasal sa patay. Burol, pasiyam*, 40 days—name it, she was there. She wanted my *ate* to be a nun and hoped that one of her boys would enter priesthood.

Mom is a Waray, which explains her fiery character. Like any mother, she had her set of rules. If we wanted to play outside the house, we had to be home by 6 p.m. We were taught to eat together, pray before sleeping and never, ever, be late for Sunday mass. Disobeying her would likely get us spanked. I was frightened of her.

I actually thought about my mother the first time I learned someone had a crush on me. I was afraid of what her reaction will be to it. All she wanted her kids to solely focus on was our studies, *kaya kapag nalaman niyang may ganun ka, palo ka.*

I was in first year high school when I



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found out about my first "admirer." She was a "black beauty," had a pointed nose and a small mole between her eyebrows. She was brainy, too. She belonged to our batch's Section I class. I was in Section IV.

I don't mean to brag, but she was really into me. She even visited me at home once. But fearing that my mom would see her, I hid inside my room and we didn't see each other. On another occasion, a mischievous friend of mine told her that I needed money. She happily shared her cash. "*Pang-meryenda rin ito*," said my friend when I chastised him for taking advantage of her.

My friends constantly bugged me about why I haven't made a move on her yet.

"*Napaka-torpe mo*," they'd say.

"*Nahihiya ako, saka alam naman ninyo ang nanay ko pag nagalit*," I'd frequently reply.

I never found a reason to talk to her. She finally moved on during our senior year, finding a boyfriend worthy of her attention.

Looking back, I regret not making a move on her. *Sabi mo nga, nandoon na eh*. Who knows, maybe I would have been one of those guys who lost their innocence at a young age. I guess it wouldn't have hurt to try.

Come to think of it, I might have been a different man. Who knows, instead of us talking about my virginity, we might be talking about how many women I've slept with.

THE VIRGIN *MANOY*

What happens to your penis if you don't use it for sexual purposes

BASICALLY, NOTHING

The good news is that your being a virgin won't really affect your health. "If you choose to not use your penis for sexual purposes, your system won't really be affected," explains urologist Dr. Joben Chua. "As long as your body is normal, no illnesses like hypertension or diabetes, you'll still have erections."

THE *KAONG* THEORY

The sperm of a penis on a sexual diet is often called in the vernacular as "*nagka-kaong na*." The idea is that the unused sperm stays in your balls and hardens. "It's just an expression. There's no medical reference for that," says Dr. Chua. The sperm, he says, has a three-month life cycle; if not used it will just die then the body will produce new ones. "The sperm will either go to your urine or your body will use it for metabolic purposes."

Investing in nothing

I've always had difficulty talking to women. First of all, I don't know want to say to them. *Hindi ako marunong dumiga*.

But I know how to appreciate women. Like most men, I looked first at a girl's *wankata*. I prefer slightly chubby women, with a simple face, *basta yung di mukhang matapang*. I'm also more of a butt-guy. And I'm fond of *tisays, para kahit madilim kita*.

I was already in college when I "wrote" my first love letter. Actually, I asked a friend to write it, I just told him what I wanted to say. Of the three women I wrote to, no one bothered to reply. *Basted*.

Around this time, almost all my siblings were married. I was envious, sure, but what could I do? It didn't help that my next brushes with romance also failed.

A few years after I dropped out of college I met a *manicurista* at a beauty parlor near our home. She was chubby and *tisay* and had a thick Visayan accent. She was the reason I became one of the parlor's regulars. But one day, when I went to see her, the owner told me she was already gone. "*Nag-abroad na*."

Then after a few months the owner called for me, she told me that the *manicurista* wrote to them and was asking about me. "*Sulatan mo*," said the owner. But I didn't know how, so I did the next best thing: I recorded a back-to-back tape of me singing to a minus-one accompaniment. I had a friend write a short letter before I sent the tape to her. She responded with her own "album."

After three years of correspondence, we finally met again. But the encounter was short-lived. Although I managed to take her out for a movie—where I got to first base—she only stayed for a few days in Manila and was going home to her province after this stopover. I told her to take me along but she refused. "*Baka mapahamak ka lang*," she said. I agreed only after she had accepted my request to introduce her to my parents when she returned.

A couple of days before her scheduled departure abroad, we met anew. It was during a party she threw for her former workmates at the parlor. She told me she wanted to tell me something important. She admitted she was no longer a virgin and that she had allegedly adopted a kid.

I didn't mind, I told her. But deep inside, I did have some reservations about her story. My hunch was she didn't want me to accompany her to her province because she had a husband and kids waiting for her. Days later, I brought her home and introduced her to my folks. Mom welcomed her.

A few months after she had left, she wrote to tell me that her contract with her employer was nearing its end and that she intended to stay there as an illegal immigrant. I dissuaded her from doing it, but she was determined.

That was the last I heard from her. That was her choice, I thought, *buhay niya yun*.

When I think now about what happened, I guess she wasn't the right one to lose my virginity to. I mean *lugi naman, hindi na siya virgin*, ha ha!

But she really messed me up good. She was the first woman I really opened up to. I really tried to fight for her.

After my failed episode with *manicurista* I developed a kind of trauma from girls. Whenever I had an opportunity to know a girl better my mind would instantly be filled with a series of "What ifs": What if *ma-basted ako*? What if this is *manicurista* part II?

Do the right thing

I'm not totally naïve when it comes to sex. I've watched porn. I've masturbated a couple of times myself in my youth. I have also touched a woman's breast. So, I'm not naïve.

I've also had an affair with a married woman.

Here's how that happened: She was a casual employee at our company. *Tisayin din*. All my co-workers had a thing for her, but, strangely, she fancied me. "*Wala lang*," she answered when I asked her why she chose me. She nonchalantly told me that her husband was cheating on her. She never said it, but I felt she was using me for revenge.

I knew what we were doing was wrong but it didn't stop me from dating her or making out with her. To not attract suspicion, her *bilas*, who's also an officemate, tagged along during our dates.

To be honest, *hindi ko siya ginalaw* because I was terrified of the consequences. *Paano kung mabuntis*? Their house was just a couple of blocks away from our office and if we got busted, *patay*.

I really became worried about the situation after I learned that another co-worker, a driver, got another casual employee pregnant. The girl was just a teenager and I doubt if she knew her baby's

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daddy already had his own family. The driver even borrowed money from me the day they did the deed. The girl didn't finish her six-month contract; she resigned due to her bulging belly.

After hearing about that, I knew I had to end my own affair. I just couldn't do it. It was wrong.

Again, you wonder why I didn't grab the opportunity? *Bakit hindi ko pa sinunggaban?* Yes, most men would set aside what's right for what's best for him. But I'm not like most men. I remember also thinking, *baka maluwag na*, ha ha!

Don't get me wrong, *nanghinayang din ako*. It was one of the hardest decisions I made, not taking advantage of her.

Looking back on my failed relationships, I can't help but think why I'm that unlucky in love. I've only had two opportunities to be intimate with a woman, *problema may sabit naman pareho*.

Did I make the wrong decisions? Maybe. *Pero bakit kasi pinaabot ko pa ng ganitong edad*. Again, I did not choose to be this way.

It can wait

You ask me why I don't just pay for sex and be done with it. To be honest, I've thought about it. The first time I went to a beerhouse my friends got me a *ka-table*. I talked to her, flirted a little bit. She was very affectionate. *Pero ilag pa rin ako*. You know what I thought? *Baka may sakit ito, mahawa pa ako. Mahirap na, di ba?*

But, say I did get a prostitute, what if she asks for a lot of money? *Gastos pa*. And they're pros and I'm a newbie, she might just laugh at me. *Baka ako pagod na, siya hindi pa*. Ha ha!

My friends all know of my "condition." But they never pressured me to lose my virginity. No one offered to foot the bill for a prostitute. To them, I'm the quiet guy who just loves to sing.

You also asked about how I managed to fight my sexual urges. *Yung tawag ng laman, ika nga*. Well, I admit I'm sometimes jealous of people who are married or have someone to have sex with. But, I've accepted my fate.

It also helps that I'm also not that lustful. Say, I'm riding a jeep with a very sexy lady—*yung halos luluwa na yung suso sa suot*—I wouldn't dare look at her. Not even a peep. I'll have to be heavily intoxicated to do something like that. That's just who I am.

But I do have my weak moments. *Gumagana pa naman ako*. Last year, I saw a really beautiful girl. She was flawless. I couldn't help it. I went home, imagined the two of us together and masturbated.

The first time I really thought about losing my virginity was when I turned 40 years old. I've never been ashamed of being a virgin. I believe that it could happen to anyone. We all have a spinster aunt or uncle who could also be virgins. But when I hit 40, I knew I wasn't normal.

I want to have a family of my own, a wife and kids. But first I need to find a job. That's what I pray for every day. I mean, no woman in her right mind would fall for a bum. *Ano nga naman ang papakain ko sa kanya?* When I do get a job, *kakayanin ko nang manligaw*.

It's about time. **FHM**

HOW NOT TO DIE A VIRGIN?

First, you have to know why you're still one. Here are the possible reasons

1 YOU WERE BORN THAT WAY

What the doctor says: The testosterone, the male hormone, is produced by the brain's amygdala. Testosterone, in turn, triggers our sexual urges. Other men, though, don't have enough testosterone to tell them they need sex. There are two known reasons for this: congenital and accidental. Here's Dr. Chua: "You could be born with an inability to produce enough testosterone. Or, a head injury affected your amygdala that's why *nawala yung* sexual urges *mo*." If you're middle-aged, you could also blame andropause (the male menopause) for your dwindling sex drive.

2 YOU HAVE A FEAR OF SEX

What the doctor says: In clinical terms it's called Genophobia. "Basically, there are three reasons for this fear," explains adult psychiatrist and psychology master's degree holder Dr. Edilberto S. Gonzaga. "The first is the physical and physiological factor. You believe your body is inadequate or embarrassing and might have a fear of performance. "They could also be suffering from the trauma of past events, like a history of sexual abuse," says Dr. Gonzaga. The third factor is psycho-social. "Say you consider your parent's relationship so dysfunctional, you'll develop a fear of relationships."

3 YOU'RE A PERFECTIONIST

What the doctor says: "*Pihikan*, per se, is a layman's term," says Dr. Gonzaga. The clinical term is obsessive compulsive disorder, an equivalent of which is perfectionism. "If you're a perfectionist, one of your possible traits is that you're too particular. Your standard for having a relationship with another person is so high that no one can meet it. Your specificity on certain things will lead to limited options and you'll eventually lose those options." In short, you'll end up alone, basking in your own perfection. "It will lead to depression," adds Dr. Gonzaga. "And the end point of depression could be fatal."

4 YOU'RE SHY

What the doctor says: Shrinks call this state as having an inferiority complex. Dr. Gonzaga elaborates: "One situation that could lead to your inferiority complex is your belief that you're physically inadequate, that you are weak. This could be followed by emotional inferiority; you are mentally and socially inadequate. This will be manifested externally by shyness or timidity. Because of all these you shun everything else. The end consequence will also be depression." A man could be particularly shy to women, adds Dr. Gonzaga. "You'll try to compensate by focusing more on the things you're good at."

5 YOU'RE AFRAID OF BEING TURNED DOWN AGAIN

What the doctor says: We all fear rejection, but there is a certain kind of rejection that could scar a person for life. "Say, it was your first time to really pursue a girl and you were flatly rejected. This could be a traumatic incident that could create a traumatic memory deep in your mind," explains Dr. Gonzaga. "That trauma might have an effect on the other aspects of your personality, such as your confidence or your ability to deal with problems or your ability to have another relationship. You then make sure to not do things that might lead to the same situation."

6 YOU'RE DISGUSTED OF SEX

What the doctor says: "This is also OCD," notes Dr. Gonzaga. "You associate sex as something that is dirty. Usually it starts with a past event. Sexuality and sensuality might have been first shown to you as something that is dirty. It could be lessons from adults or advice or teachings from friends, which your innocent mind took hook, line and sinker. Another possibility is you went through a traumatic episode where sex was introduced to you in a malicious or mischievous way." Mix this with your OCD and your perfectionist personality and you'll end up as someone who feels icky towards sex. **FHM**

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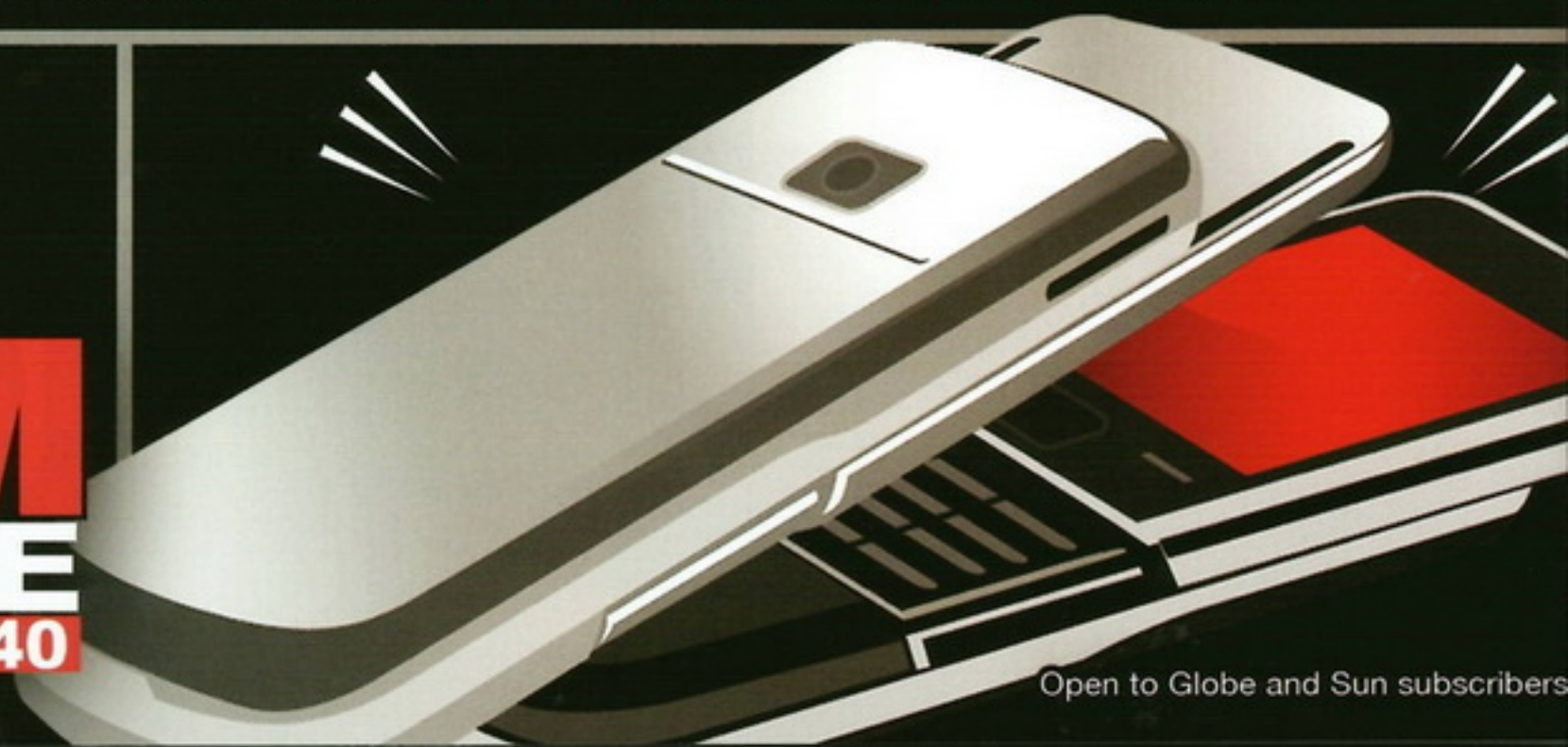

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LEARN HOW TO WEAR A VEST

UPDATE YOUR WARDROBE

SNAZZY JACKETS AND COATS

Certain sounds, smells and images have the power to bring back memories of a specific person, time and place. Remember that citrus cologne that your first girlfriend used to wear? The mere whiff of it now makes you smile as you remember your awkward attempts at your first kiss. The smell of your mother's special adobo almost always makes you feel warm and fuzzy. The music of Michael Jackson makes you feel all melancholy, even if it's "Thriller" playing on the radio.

For those who grew up in the '80s, Larry Alcala's *Slice of Life* page in a popular Sunday magazine was a weekend ritual and highlight. Every week, he would illustrate a day in the life of Fiipinos–at school, work, inside their homes, and on the streets. You had to look for Larry's head amidst everything that was going on. More than just a fun weekend ritual, Larry's illustrations captured the life of Filipinos when kids went out to play, and neighbors gossiped over *merienda*, and not on the Net. Larry's work connected the nation in celebrating our identity as Filipinos. www.solo.com.ph

POP ART

WEAR YOUR LOVE FOR POP CULTURE ON YOUR SLEEVE, OR LEGS

WORDS: DONNA CUNA-PITA; PHOTOGRAPHY: LOUIE AGUINALDO

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VESTED INTEREST

WEAR IT AS AN ACCESSORY, AND NOT JUST A CLOTHING ITEM

Top row from left to right: F&H light gray vest, P999. F&H double layer vest, P1,199. Solo Larry Alcala vest, P1,195.

Second row from left to right: Solo brown zipper vest, P1,395. F&H silver vest, P1,199. F&H medium gray vest, P1,199

HOW TO WEAR A VEST

Without looking like you should be holding a tray

01 Layer a vest with your coats and dressy jackets. Adding that extra punch of texture and color in between your shirt and coat looks very European and chic.

02 You can spice up a plain tee with a funky, detailed vest. There are lots of trendy vests out there. Experiment with combining prints and colors.

03 Do not wear a vest if you have a beer belly. Drawing attention to your problem area will only make people notice your paunch even more.

WORDS: DONNA CUNA-PITA; PHOTOGRAPHY: LOUIE AGUINALDO

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THINGS TO LOVE

ONLY THE LATEST OFFERINGS OF THE MONTH

SHOE IN

A resurrecting trend, boat shoes and top-siders are the perfect go-to shoes for any occasion—malling, casual Fridays at work, trips out of town, and if you're lucky, you can use them too for your sailing trips with your too-hot-for-words chick. Sebago boat shoes come in preppy navy and white and in a dressier patent leather finish for the funky new generation.

DAPPER DUDS

Penshoppe's Summer 2011 collection is all about sophisticated pieces in basic colors of cream, camel, teal, and sand. Bright pops of purple add a luxe feel to the French-inspired theme that is dominated by slim jackets, snug blazers and textured woven shirts. So if you've ever aspired to look *mayaman* and *mabango*, try on the latest pieces from Penshoppe and make the girls fall in love.

HIP RUBBER

Used to be that rubber footwear was limited to clunky and chunky things pierced with holes. Now plastic shoes can actually look chic! Native shoes, launched just last year, combines the lightweight comfort of sneakers, with the sleek shapes of hip footwear. You can actually wear these with jeans and look decent! They come in boots, sneakers and boat shoes.

SHOOT ME

Capture precious moments with your loved one this extra-*lambing* season with the latest offering from Canon cameras. Whether you're a simple dude who just wants to take shots, or a budding professional photographer, you'll find a camera to fit your needs and specs from the most basic point-and-shoot variant to the more sophisticated camera models.

LOVING LEVI'S

Fall in love with each other all over again with the new Levi's Spring Collection. Dark denims paired with plaid long sleeves for you, and a sexy shirtdress for her in the same print, looks cute and fun. Distressed denim for you and also light cotton tops for her will be the perfect items to bring on your upcoming Valetine trips out of town. Feeling a bit brave? Levi's also offers extra-skinny jeans for men.

GET 'FASYON'

Dapper isn't exactly how you would describe the regular Pinoy's outfit choices. The usual loose tees, faded jeans and scruffy sneaks have become the uniform of local men. How about aiming for bigger, better things with Girbaud? There's more to the brand than their high-tech and high-style jeans! Slick jackets and coats plus slim shirts are sure ways to make your most boring outfits suddenly hip.

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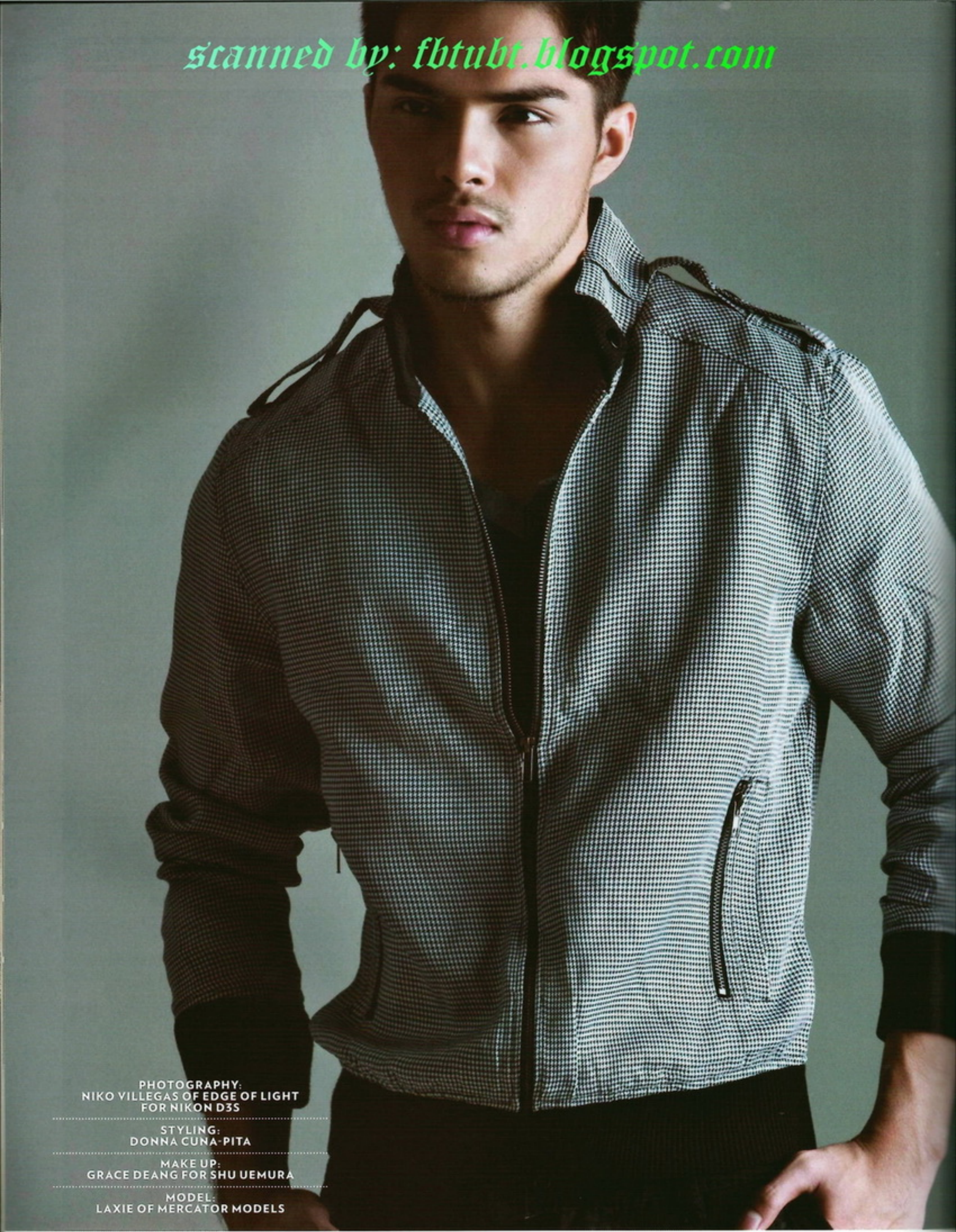

PHOTOGRAPHY:
NIKO VILLEGAS OF EDGE OF LIGHT
FOR NIKON D3S

STYLING:
DONNA CUNA-PITA

MAKE UP:
GRACE DEANG FOR SHU UEMURA

MODEL:
LAXIE OF MERCATOR MODELS

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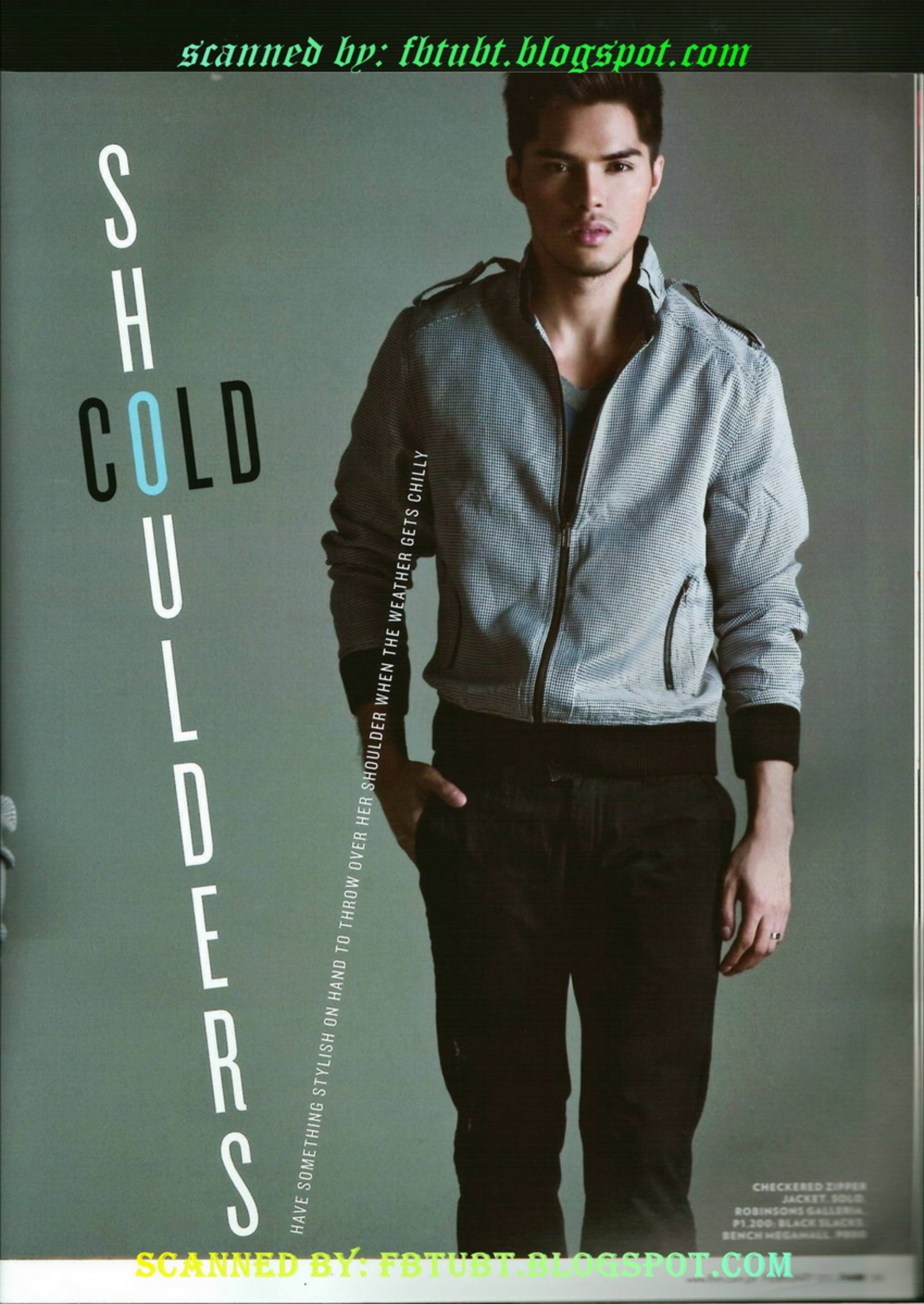

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PURPLE COTTON JACKET, SOLO AT ROBINSONS GALLERIA, P1,200; WHITE LONG SLEEVES, MUNDO FROM THE RAMP AT CROSSINGS, P1,300

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GINGHAM ZIP-UP JACKET, F&H ROBINSONS GALLERIA, P1,600; SLACKS FROM MUNDO FROM THE RAMP AT CROSSINGS, P1,300

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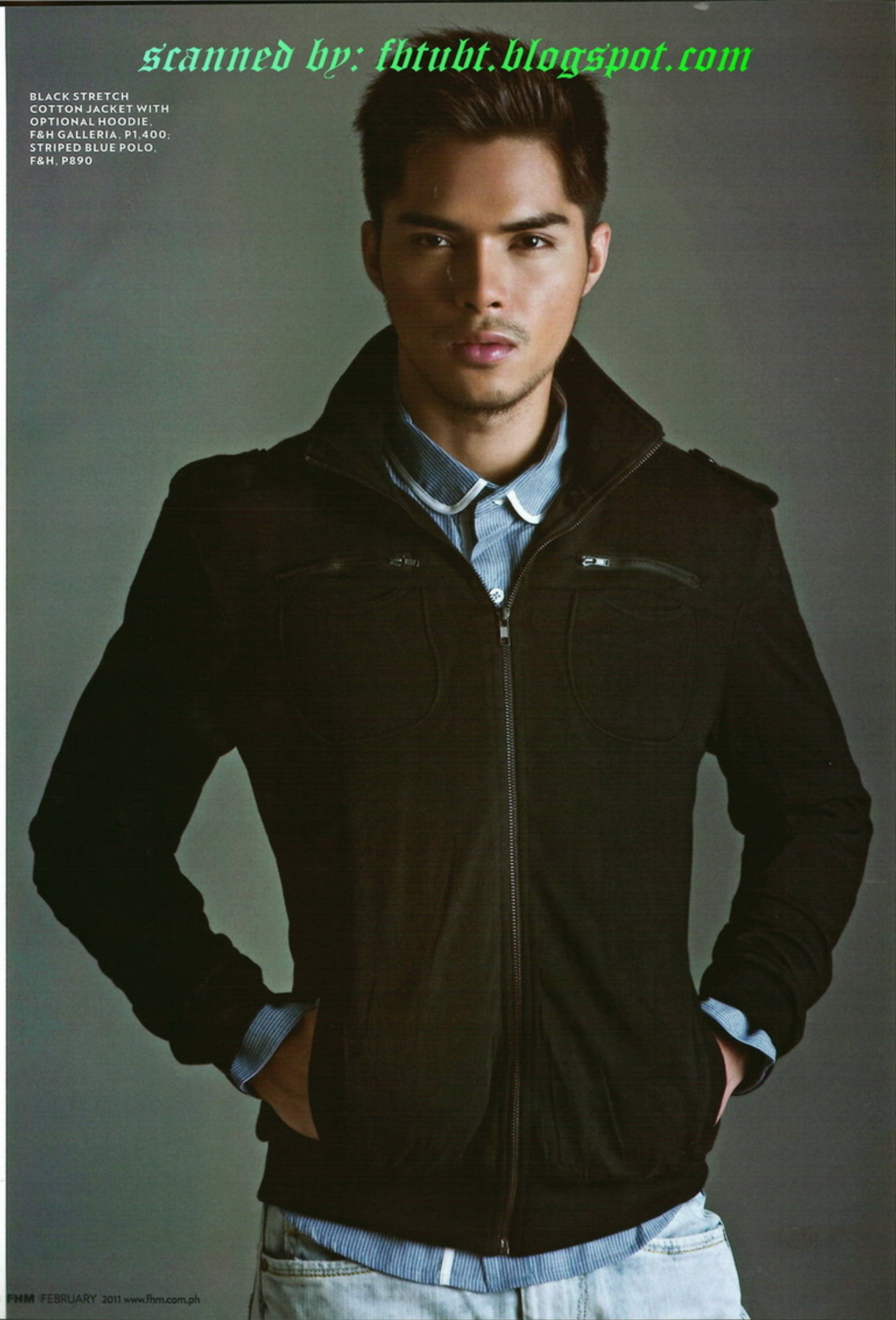

BLACK STRETCH COTTON JACKET WITH OPTIONAL HOODIE, F&H GALLERIA, P1,400; STRIPED BLUE POLO, F&H, P890

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SILVER JACKET WITH ATTACHED RED HOODIE INSIDE, F&H ROBINSONS GALLERIA, P1,800

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SUMMIT DIGITAL

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UPGRADE

PLEASE HER PALATE

LET CULINARY MAGIC TAKE OVER AS YOU GIVE HER A TASTE OF YOUR DELECTABLE CONCOCTION

THE MENU
First Course/ Appetizer: Smoked Salmon Salad with Anchovy Yoghurt Dressing
Main Course: Pan grilled Pork Chops with Apple and Beans Sauce
Dessert: Chocolate Endings

We've said this before: Girls dig men who cook. And there's no better time to use this skill than on Valentine's Day. A decent meal at home will save you all the troubles that sometimes make this red-letter day such a horror—traffic, over-booked motel rooms, packed restaurants, parking woes and the money needed to give your significant other a meal worthy of the occasion. So, as always, *FHM* has come up with a solution: We teach you how to create a three-course, hassle-free and easy-to-prepare meal. You can buy the ingredients from any one-stop shop and you'll only be a thousand pesos poorer. To the kitchen then...

WORDS: TOTO ERFE; PHOTOGRAPHY: DAIRY DARILAG

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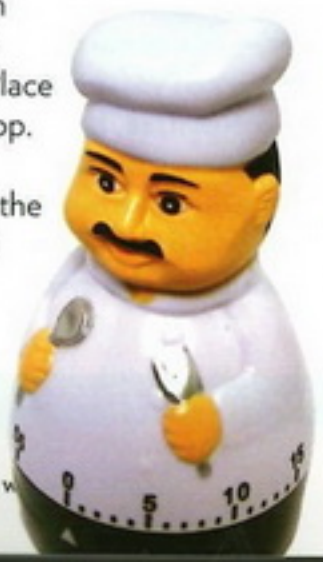
SMOKED SALMON SALAD WITH GARLIC YOGHURT DRESSING

Cooking time: 10 minutes
Ingredients:
150 grams Smoked Salmon (sliced)
1 bag Mixed Green Salad Pack
1 (33g) Plain Yoghurt
1 clove Garlic (minced)
Fish Sauce (to taste)
1 (24g) pack Bread Pan Toast (garlic flavour)

Procedure:
1 Prepare the dressing by mixing garlic with yoghurt then slowly add *patis* to taste. Mix very well.
2 Arrange salmon slices around two separate plates. Place salad greens on top.
3 Drizzle garlic-yoghurt mix over the salmon and salad greens.
4 Garnish with garlic toast. Serve.

'Butter! Lots and lots of butter!'



PAN GRILLED PORK CHOPS WITH APPLE AND BEANS SAUCE

Cooking time: 20 minutes
Ingredients:
2 slices Pork Chops (250 grams/slice)
1/2 tsp Garlic powder
_ tsp Onion powder
1 tbsp Mustard
3 tbsp Oil
Salt and Pepper
Sauce: 1 (100g) Pork and Beans
1 pack Apple Juice (canned/ tetra packed)
1/2 cube Beef Cubes
Sides: 1 pack Frozen Corn, Carrot and Peas
2 tbsp Butter

Procedure:
1 Marinate pork chops in garlic powder, onion powder and mustard. Season very well with salt and pepper. (Tip: Marinate the pork a day ahead to maximize flavor.)
2 Using a heavy bottomed pan, heat oil then cook pork chops on both sides until browned. Do not overcook. Set aside.
3 Using the same pan, pour in pork and beans, apple juice and beef cubes. Simmer until reduced into half and consistency is thick.
4 In another pan, heat butter then add corn, carrots and peas. Sauté until warm and coat with butter.
5 Place one piece of pork chop per plate then place corn, carrots and peas mixture and pour over apple and beans sauce. Serve hot.

CHOCOLATE ENDINGS

Cooking time: 30 minutes
Ingredients:
500 grams Bittersweet chocolate (finely chopped)
1 cup Heavy cream
2 tbsp Unsalted butter (keep at room temperature and cut into four pieces)
1/3 cup Cocoa powder
2 tbsp Brandy

Procedure:
1 Place chocolate, butter and cream together in bowl, place inside a microwave oven and melt for about three to five minutes.
2 Add brandy and mix until all the chocolate are well melted. Pour in a different container and let set in the chiller for 30 minutes.
3 Using a spoon, scrape some chocolate then shape it into balls and toss into cocoa powder. Place it back in the chiller to set.

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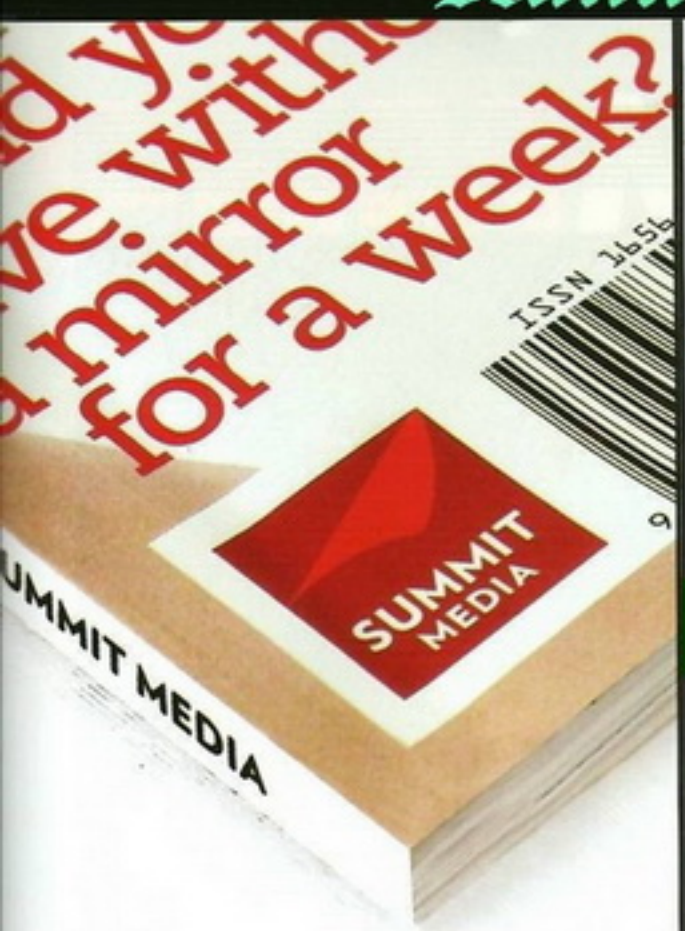

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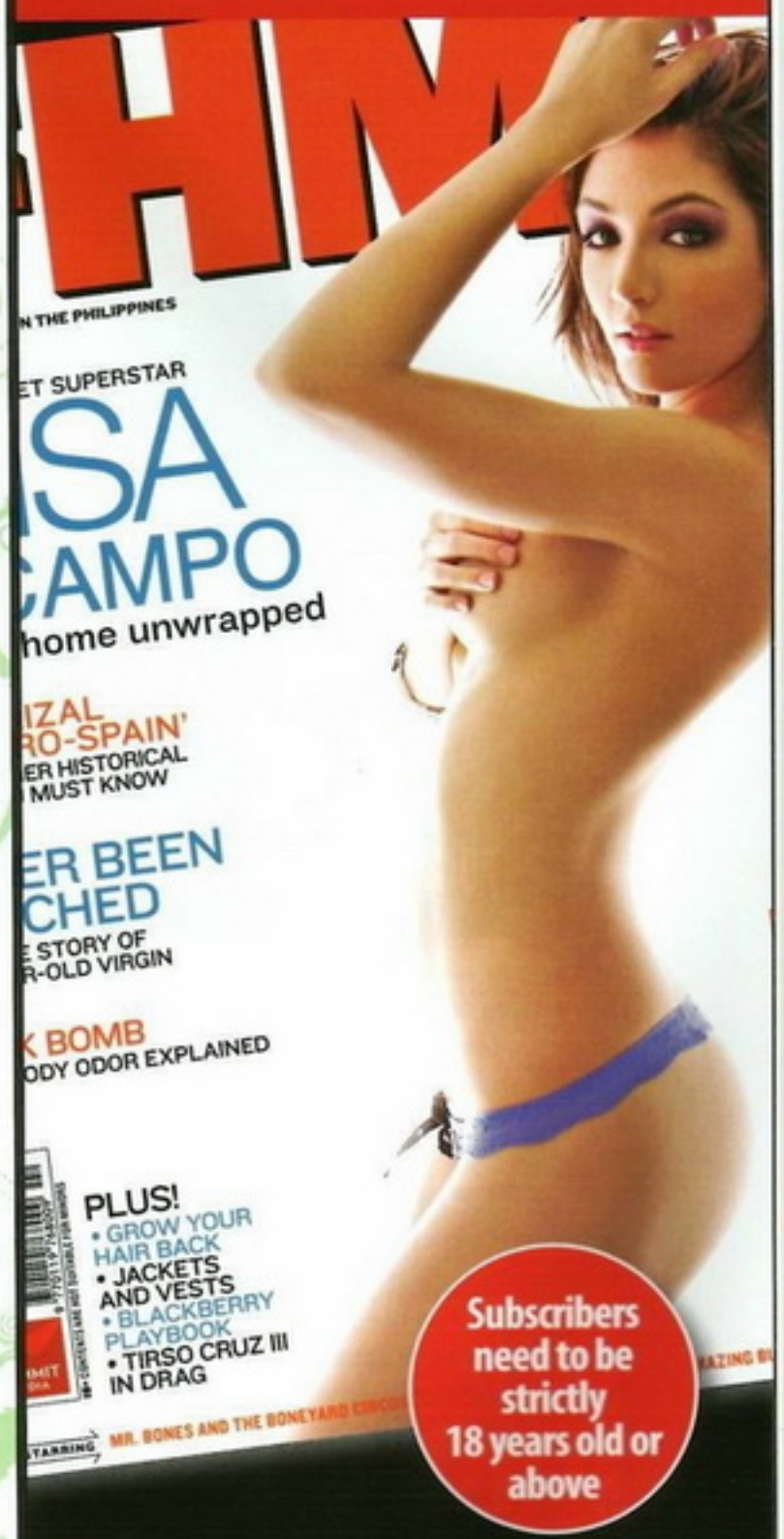

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'Ang layo-layo, P2 million?'

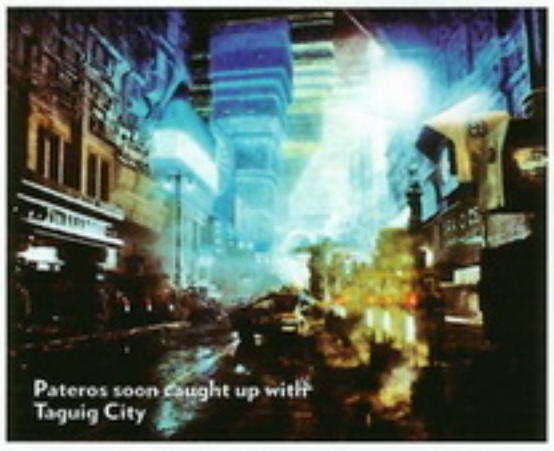
BUY AND SELL: LAND!

HOW TO INVEST AND EARN MONEY FROM RAW EARTH

"It's the one constant form of investment that isn't subject to trends and the season. Land will always be considered a significant form of asset," says business coach Berna Moldez. Even if we just let it sit there? "Of course, what you do with the space you bought largely determines its value." What follows are tips on buying the right kind of land—with or without an existing house or structure in it—to suit your particular needs: whether to live in it or sell it again.

IN THE CITY VS. OUT

Residential and commercial properties online classifieds Myproperty.ph pegs Makati, Taguig and Ortigas as key areas to call camp. "You'll only be looking at condos [when staking out congested areas]. If you're buying *lupa*, it's always cheaper farther out the metro. What do I mean? Las Piñas, Laguna, Cavite, Parañaque, *malakas yung* residential villages there," says Myproperty.ph Sales Manager Tanya Peralta.


Pateros soon caught up with Taguig City

LOCATION: JUST THE START

But you've already chosen to live in a residential village, and you want it to be Makati. How much should you be expected to fig over? Even if it's practically the same area, Peralta says, "It's still not all the same. (A house in) San Lorenzo Village can cost you P60,000 per square meter *pero tumawid ka lang ng* Edsa and you have Dasma Village for P80K, it's different, why? *Kasi* it's close to Forbes Park." Live in the suburbs where it's quieter and cheaper? "Nuvali is in Laguna, but just because it's in the suburbs doesn't mean it's cheap. *Kasi andun yung* facilities *ng* quiet secluded community, *yung* space, *yung* security, and you can't buy land for lower than a thousand square/km so that's already an indication, *pang-mayaman ito.*"

PRETTY VS. NEEDS

Yes, you can afford it, and you'd like to live there now. Will you be moving in anytime soon? "I can say the places investors gun for, but in terms of which places are getting rented or sold out, it depends on people's needs," explains Peralta. "We either want to live close to work, or close to home, or based on vanity, luxury, etc. It's different for every one. You can rent out a place in Makati and buy a house in Cavite, but that doesn't mean because prime spot *sa* Makati *wala ng* bibili or *magre-rent ng* property in Cavite. With our land developers, it's been proven statistically that 80 percent of people living in the building *na itinayo nila* is usually within a 10-km radius from where they used to live." Do properties in highly televised disaster-struck areas get sold less? "Post-Ondoy there's still a lot of properties up in Marikina. People are still advertising, and it's still getting sold. So, I guess, people are still thinking of their needs."

Petsocky

SELLING?
WHEN ADVERTISING PROPERTY, DON'T FORGET TO GIVE ITS...

1. Floor area
2. Price per square meter
3. Pictures
4. Location
5. Your contact info.

RENT VS. SELL

You've purchased a place to make money out of, or you're moving out and thinking of selling your house. Should you? "If it's a condo unit, rent it out. For realty, you can rent it out the first year for a short span each to gauge if there's going to be people wanting to live in it. If you decide to sell it, have a real estate agent compute for its market value," says Moldez. But if it's not that big of a property or you'd rather do the computing yourself, scout for price listings of properties in classifieds, compare floor area and location, pad up your selling price a bit higher if you're feeling unsure, and in case of hagglers.

WORDS: KHYNE PALUMAR

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TAKE UP... CIRCUIT TRAINING

CONTINUOUS WORKOUTS! NO REST PERIODS! MAXIMUM HURT! IT'S HELLUVA WAY TO BURN FAT

LEVEL UP
The club classifies all aspiring gym rats from levels one to five. You gradually move up from being the sedentary couch potato that you are (level one) as you progress to more challenging routines.

WHAT IS IT? Goodbye to rusty and clunky machines. Hello to resistance bands, trampolines and the reality that your own bodyweight is not that easy to carry. Circuit training at the 360° Fitness Club will have you hitting 20 stations with trampolines, kettle bells, resistance bands and medicine balls like clockwork for 30 seconds each, three times over. That adds up to 30 solid minutes of nonstop activity in what sounds like a military boot camp obstacle course. But it's really a full body, high-intensity workout you can squeeze in during the busy workday. "It's an alternative form of fitness for busier people, because you get the same results in a faster fashion. The entire routine is more time-efficient," says Chappy Callanta, head coach.

WHAT IS IT GOOD FOR? As opposed to clunky machines and lolling about after doing a set, circuit training makes you stronger and fitter in a shorter amount of time, due to the "continuous movement and minimal rest," according to Callanta. Your endurance gets heightened too, because your heart rate is always in high intensity. Expect your fat to be burned, muscles to be leaner and your girlfriend to be impressed at how you never seem to get tired anymore.

WHAT YOU'LL NEED TO BRING? Normal workout gear, and a willingness to doggedly finish the whole routine. Coaches at the gym will take you to task and will give you a simple test to determine your fitness level prior to you running the gauntlet.

WHERE TO TRY IT? Call the 360° Fitness Club at 5777807 or look them up at completethecircuit.com

ACTIVE RECOVERY
360 Fitness has you alternating exercises with 30 seconds of active rest, which means spending your rest time jogging in place or doing jumping jacks.

FUNCTIONAL EXERCISES
Callanta says that instead of isolating and working out specific muscles, each station focuses on functional movements not unlike what we do everyday, like pulling and pushing. This holistic approach activates a lot of major muscles at once, for overall improvement of our puny/bloated physiques.

WORDS: MICH R. LAGDAMEO; 360 FITNESS CLUB IS LOCATED AT THE 13TH FLOOR STRATA 100 BUILDING F. ORTIGAS JR. ROAD ORTIGAS CENTER PASIG CITY, OR CALL 5777807; PHOTO BY HOMER ANTHONY MEDICI; COURTESY OF MEN'S HEALTH PHILIPPINES

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TOP GONE

NO MATTER WHAT YOU DO, YOU WILL EVENTUALLY LOSE ALL YOUR HAIR. BEST TO UNDERSTAND WHY IT'LL HAPPEN

Unlike most areas in your body, you don't want "thin" hair. But what if nature takes its course early and reveals your shiny scalp to the world? Nightmare. The good news is, you can slow balding down. How? By learning the many things that can trigger it.

BLAME YOUR ANCESTORS

A sad medical fact: Balding is hereditary. "In February 2008, researchers announced they had found the genetic basis of two distinct forms of inherited hair loss, opening a broad path to treatments for baldness," says Dr. Manny Calayan of Calayan Surgicenter. "They found that a gene, P2RY5, causes a rare, inherited form of hair loss called 'hypotrichosis simplex.' It is the first receptor in humans known to play a role in hair growth."

WHAT IS ALOPECIA AREATA?

"Alopecia means hair loss. One form of it is Alopecia Areata, wherein round bald patches suddenly appear in the scalp. This can occur at any age, including in childhood," says Dr. Jean Marquez of the Skin Specialist Clinic. Alopecia Areata is an auto-immune disorder: Lymphocytes (a type of white blood cell) around hair follicles release chemical messengers (called Cytokines) that reject the growth of hair. Like many health problems, it can also be stress-induced.

DON'T GET SICK AND KNOW YOUR MEDS

Studies have shown that several health conditions, including thyroid disease and iron deficiency anemia, thin out one's hair. Treatments like chemotherapy have the same effect, but hair's expected to grow back after six to 12 months. Hair loss is also often set off by the medicines you're taking, although the side-effect usually is not strong enough to lead to baldness.

IF POSSIBLE, DON'T GET OLD

Like all the other areas and components of your body, aging adversely affects your hair's thickness and condition. "Many men and women may notice a mild and often normal physiologic thinning of hair starting in their thirties and forties," says Dr. Calayan. Other times, normal life variations, including temporary severe stress, nutritional changes, and hormonal changes, may cause temporary hair loss. In other words: it's inevitable.

'I WANT MY HAIR BACK'

HAIR LOSS SOLUTIONS FOR THE MAN WHO DOESN'T WANT TO GO SKINHEAD FOR LIFE

1 Medications
"Minoxidil and Propecia, which are maintenance-type medications, are meant for long-term use. Stopping intake of these drugs doesn't seem to worsen prior hair loss," shares Dr. Calayan. So deciding to stop taking them will not leave you in worse condition than when you started.

2 Follicular Hair Transplant
As the name suggests, this entails the transplanting of hair into your scalp. "We offer this in our clinic. We also have a special shampoo that you use afterwards for maintenance," adds Dr. Calayan.

3 A good haircut and hair color
"A good haircut can help make the most of the hair on your head," says Drea Zulueta of Piandre Salon. She suggests shorter, textured cuts to help add bulk and dimension. The comb-over style with you starting your side-part from your ear does not fool anybody into thinking you have thicker hair (the *sha-gilid*). Hair color also plays a big part in making your mane look thicker. "We have this new Japanese hair color that is perfect for Asian skin tones. The right color can make your hair look thicker and lush."

WORDS: DONNA CUNA-PITA; VISIT THE CALAYAN SURGICENTER (WWW.CALAYANMD.COM), THE SKIN SPECIALIST CLINIC (WWW.DRJEANSKINSPECIALIST.COM) AND PIANDRE SALON (WWW.PIANDRE.COM) FOR ANY HAIRCARE NEEDS

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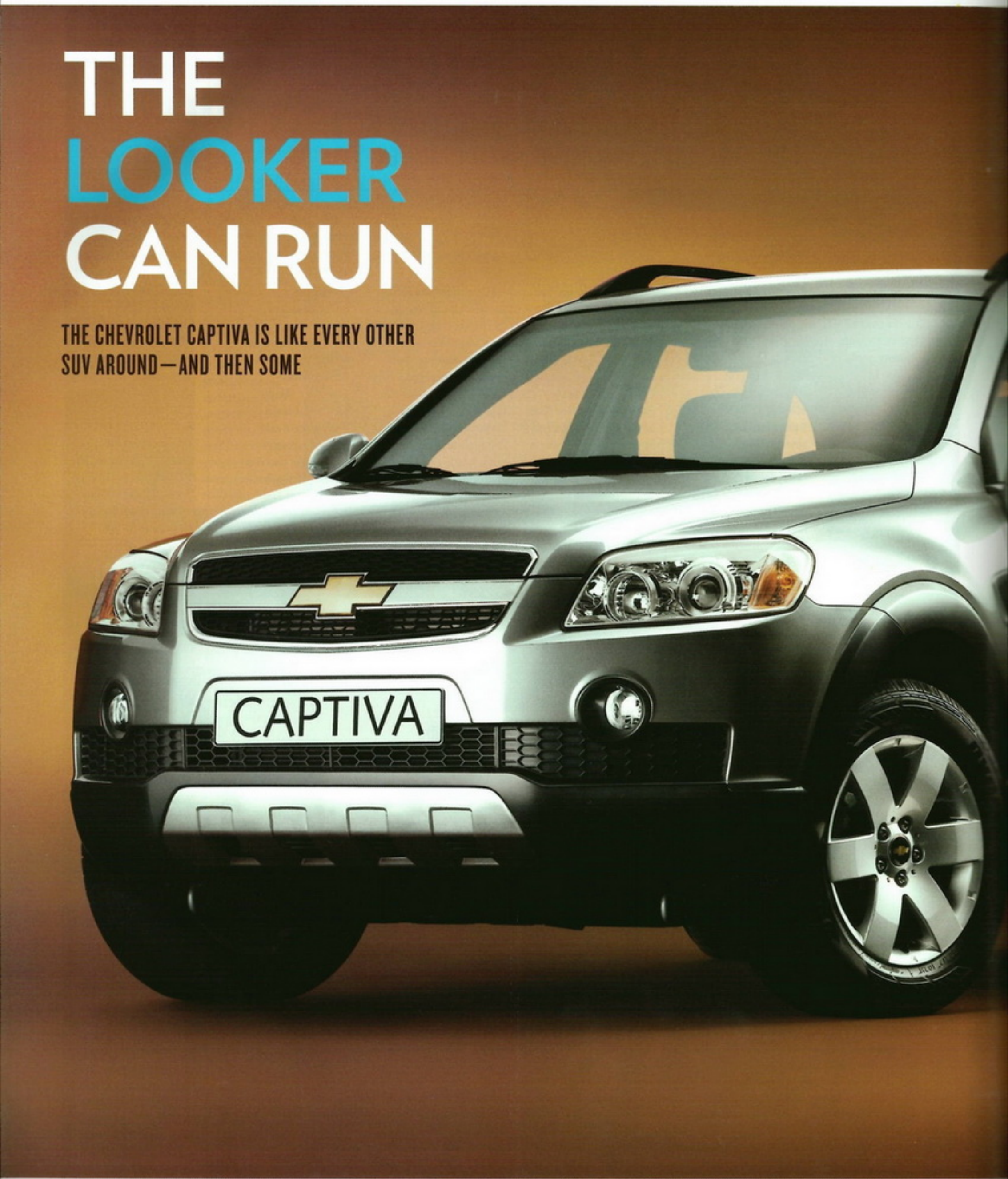
THE LOOKER CAN RUN

THE CHEVROLET CAPTIVA IS LIKE EVERY OTHER SUV AROUND—AND THEN SOME



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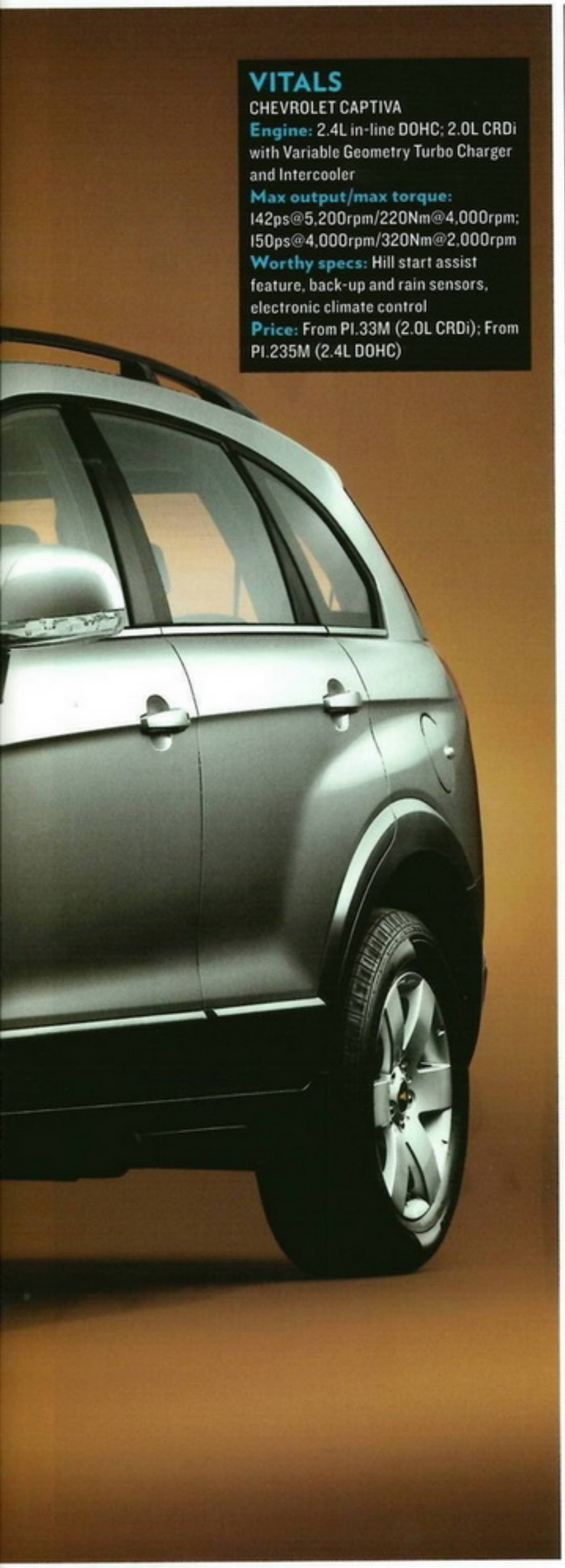

VITALS

CHEVROLET CAPTIVA

Engine: 2.4L in-line DOHC; 2.0L CRDi with Variable Geometry Turbo Charger and Intercooler

Max output/max torque: 142ps@5,200rpm/220Nm@4,000rpm; 150ps@4,000rpm/320Nm@2,000rpm

Worthy specs: Hill start assist feature, back-up and rain sensors, electronic climate control

Price: From P1.33M (2.0L CRDi); From P1.235M (2.4L DOHC)

By looks alone, the Chevrolet Captiva trumps most of the cars belonging to the crossover sports utility vehicle (SUV) class. And although the 2010 variant is just a facelift of the older model, we have to say the surgery was done well.

The dual-sport grille is the first eye-catching upgrade (a prerequisite look for all Chevies). A reshaped bonnet, prism-style headlamps and the turn signals complete the look, creating a unique SUV-worthy appearance that every driver sharing the road with the Captiva will drool at.

But we at *FHM* don't rate cars by looks alone. We subscribe to a more practical, albeit quirky way of judging cars.

For the Captiva we developed a simple test. An SUV is supposed to be able to haul more people than a hatchback while still providing the comfort of a hatchback. The Captiva can do that.

We packed nine people (seven adults, two kids; collectively weighing about a ton) into our 2.0L automatic transmission test-drive and drove to Baguio City for an overnight sojourn. We're pleased to report that the Captiva climbed the steep Marcos Highway with ease. The ride was smooth enough that the kids comfortably slept—although we could also point to the air-conditioning for that.

On the middle of the journey up, we were met with a slowly ascending 18-wheeler. Once the other lane was clear, a medium press on the accelerator and a slightly loud "vvvrrrooomm" from the engine got us past the heaping mass of metal in front of us. This was while in the middle of a 45-degree stretch of road.

We were quite impressed with what the Captiva could do. It's not the best among its class, but it definitely belongs to the upper middle half of the group. It looks good and pulls better and, for some, that's enough of a selling point.

We can sum up our experience with the Captiva this way: The trip up to Baguio was fun, but we enjoyed more the gazes we got from several in-awe-at-our-*pogi*-ride Baguio girls.

WORDS: B. A. BORLEO

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HOT METAL

THE SHINIEST NEW TECH TOYS IN TOWN

FRESH FRUITS

The newest versions of the MacBook Air (in 11 and 13 inches) arrive in our shores. What will make you drool over it? The deliciously premium specs. For one, it's equipped with Nvidia graphics. That means more lush visuals and a whole lot of game for you. An Intel Core 2 Duo processor powers it, housed by the ravishingly slim design at 2.8 mm. Steve Jobs said it intends to shatter the netbook industry. Let's see.
PRICE: Starting at P51,990
GET IT: Apple store or Power Mac Center outlets

OMNI-CHEAPEST

Androids are cool and, yes, they're dirt cheap, too, especially when you're talking about the One Touch Omni, a sub-10K phone from comeback kid Alcatel and also, for a brief while, the cheapest Android phone in the country. Of course, the buck doesn't stop there. It comes with a full QWERTY keypad, 2.8-inch touchscreen, 2-megapixel camera, Wi-Fi and 3.5G connectivity and Android 2.1 aka Éclair. All these in a stylish and sleek hybrid body that begs to be shown off.
PRICE: P9,999 or via installment (12-months, 0% scheme at P833.25 monthly)
GET IT: Alcatel retailers

SPEAK TO ME

Mobile Wonders' new Curve speaker could be what you're looking for if you're tired of the usual PC speakers. It's a mini that can churn out clear, crisp and deep sounds, thanks to its ability to mimic a subwoofer. Curve is also compatible with devices like mobile phones, MP3 players and game systems.
Price: P1,250
Get it: PC stores

DUAL KNOCKOUT

Looking for a dual-SIM handset that doesn't read "China phone" on the inside? Samsung unleashes the Punch—an inexpensive, dual-SIM phone with QWERTY keyboard. You can use both your SIM cards simultaneously without having to manually tinker with the phone menu. The best part? It's in the same price range as China phones.
PRICE: P5,199
GET IT: Major malls

BIG RAT

Mice are starting to double as speakers and even Internet phones. Don't believe us? Check this Skype Mouse that's also a Hi-Fi speaker and a VoIP phone with a keypad and LCD display. Needless to say, this will put any mouse into hiding.
PRICE: P850
GET IT: Mobile Wonders retailers around the metro

SARAH G. IS CALLING YOU

It's not the best and far from being the most advanced. But hey, Sarah Geronimo's on it! The MyPhone Sarah G. edition has, well, simple features but scream, "I love Sarah G!" all over with eight exclusive song tracks, 2-megapix camera and a music track pad.
PRICE: 3,299
GET IT: MyPhone retailers

DO THE WAVE

On rare occasions, there comes an affordable handset that's equally well endowed in features. Just like the new Samsung Wave 525, a mobile phone that offers a host of features to make even the non-geeks happy. It comes with a 3.2-inch brilliant touchscreen display, Wi-Fi, 5-megapixel camera, Samsung's own Bada operating system, long battery life, a 3.5-mm port and various multimedia features and apps. With these features, they could have pegged this at a higher price range. Good, right?
PRICE: P8,999
GET IT: Gadget shops and Samsung retailers

WORDS: NEPS FIRMALAN

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BLACKBERRY PLAYBOOK

ANOTHER FRUIT BRAND TAKES A STAND

TABLET REPUBLIC

Expect an explosion of PC tablets this year. These are flat, portable little machines that seem to be a cross between smartphones and netbooks. The tablet's recent resurrection (yep, they've actually been around longer than you think) is headed by Steve Jobs' recent toy, the iPad. Then Samsung rolled out the Galaxy Tab, then followed by the release of the Blackberry PlayBook. Blackberry raises the bar in tablet technology not only by putting amped-up specs but also by changing our perception of tablets. Now, it's not just a fun tech toy–PlayBook proves that it can be a serious machine that means business.

JUGGLING ACT

The PlayBook lets you open a gamut of webpages while working on other applications all because of these additional support: Adobe Flash and HTML 5 support (web videos) and professional-grade mobile OS (operating system), all packed in a smaller seven-inch full touchscreen display with multi-touch capabilities. PlayBook's resolution is also surprisingly close to the competition with 1024 x 600 versus 1024 x 768 of the iPads. Basically, that makes viewing the PlayBook horizontally like watching a widescreen movie on the iPad–well, after tearing off the black bars.

COUNTING THE SEEDS

Comparatively, PlayBook stands ahead from the rest of the pack. For starters, it sports an equally powerful 1GHz dual-core processor, and 1GB of RAM, making it faster than the competition. That's just the tip of the iceberg. It also flaunts dual-HD cameras located in the front and on the rear to accommodate your video webcam and conferencing needs. Full wireless connectivity options are also in play hooking you up via Wi-Fi and Bluetooth. There are a slew of ports for file transfer and it's also capable of full HD recording, which offers a host of cool apps to fit any lifestyle. But what it really brags about,is its multitasking capability, something the "fruity" tablet surely lacks.

LET'S TALK BUSINESS

All these nifty functions say the PlayBook is more for professionals while the other tablets are for casual geeks. Thing is, the first generation of the PlayBook will only ride on Wi-Fi networks, leaving the 3G capability to the iPad. As it seems, the PlayBook is looking much more practical for frequent travelers. However, BlackBerry may be sitting on a great deal of long-term potential if it follows in the footsteps of BlackBerry phones as they hinted that 4G technology is underway.

WORDS: NEPS FIRMALAN

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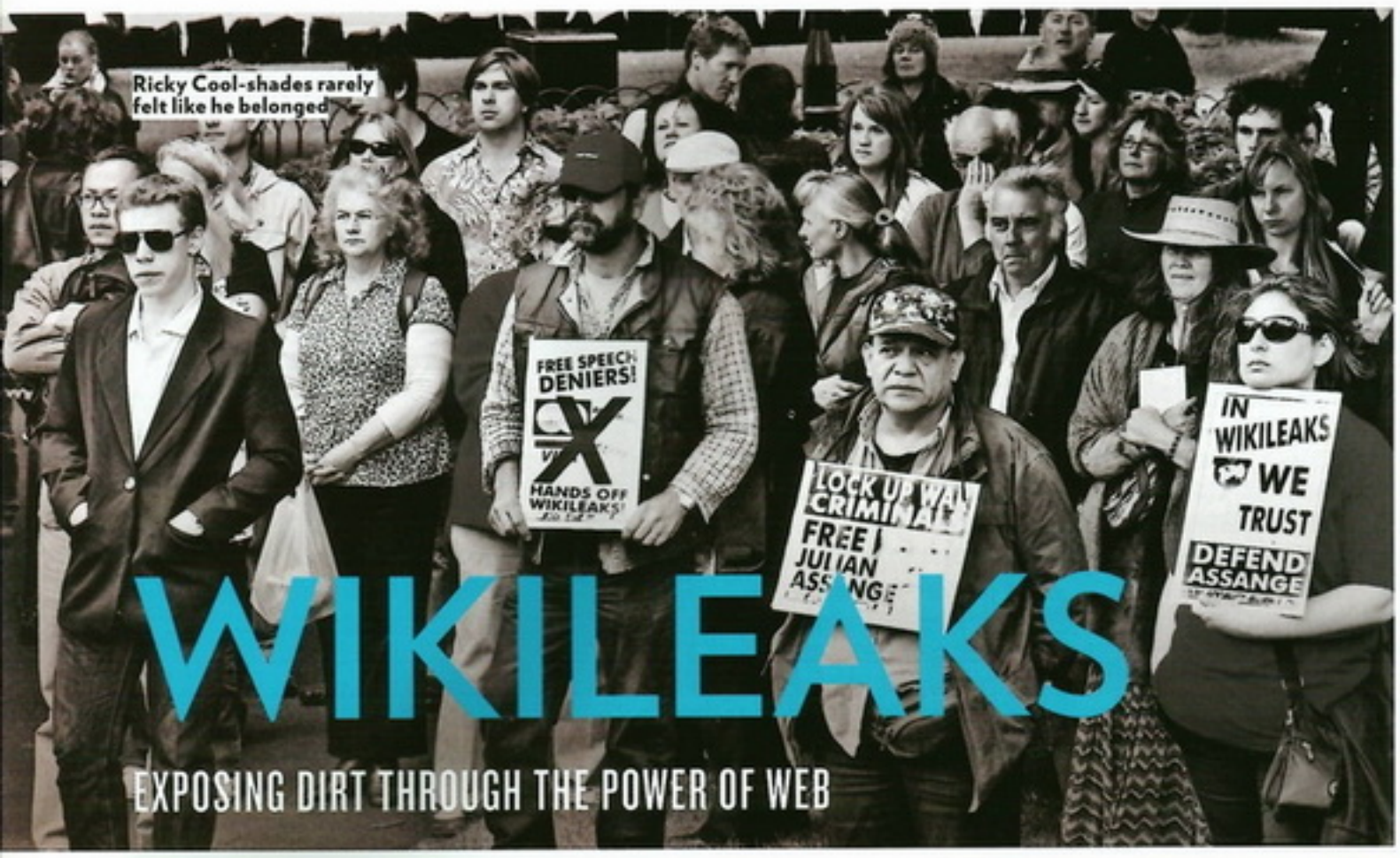


Ricky Cool-shades rarely felt like he belonged

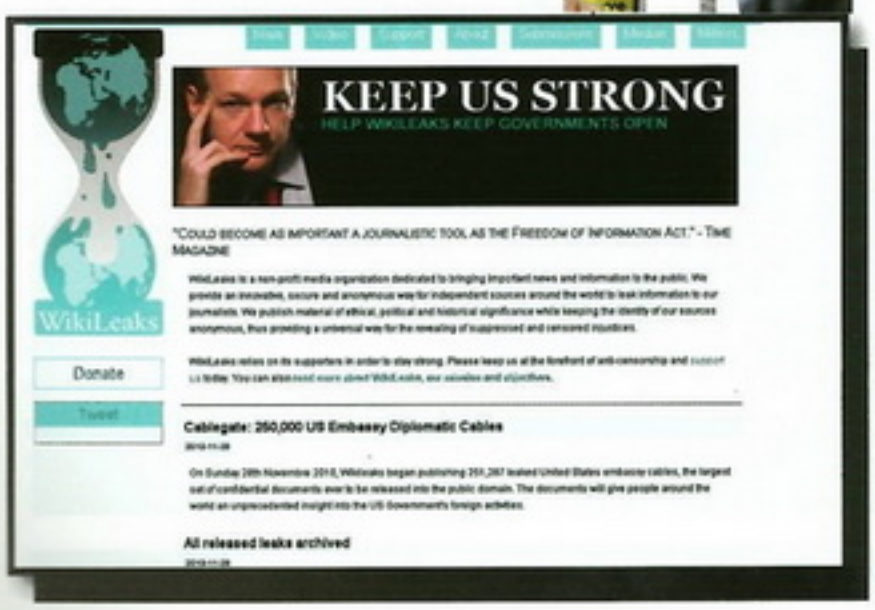
WIKILEAKS

EXPOSING DIRT THROUGH THE POWER OF WEB

Late last year, the international news bannered highly sensitive wired conversations between China's vice-foreign minister telling US embassy officials that the North Korean capital, Pyongyang, was behaving like a "spoiled child" by carrying out missile tests in April 2009 just to get Washington's attention. It also leaked China's intention to abandon alliances with North Korea and signals its readiness to finally accept Korean reunification. This sudden distaste of China was supposedly kept under wraps. That was until a whistle-blowing website intercepted their communication and published it on the Internet. In fact, it leaked out a total of 250,000 US Embassy Diplomatic cable documents, detailing classified communication between American ambassadors and other countries. Despite being fretful that these leakages could cause global scale alliance fallout, the hands of the American government are tied and cannot sue WikiLeaks since they are protected under the law of fundamental freedoms (media freedom, freedom of speech, etc.). Incidentally, US-based domain provider,

DNS.net, shuts down the WikiLeaks website on December 3, 2010, claiming that cyber attacks are relentless on the site. Remarkably, the site was already up by the crack of dawn the next day, this time on a Swiss server, *www.wikileaks.ch*. Seemingly unstoppable, last December 7 the British police put the WikiLeaks founder Julian Assange in the slammer after a judge refused to grant bail to the 39-year-old on charges of rape and molestation. The very next day, the Australian government released a statement saying Assange should not be held responsible on the media leakage and points the blame on the US government instead. However, the brave minds behind the site remain steadfast in their position on exposing dirt through the website.

For casual kibitzers, WikiLeaks is the gateway to all the juiciest political and global issues that you should be otherwise clueless about. These supposedly concealed documents leaked over the website are tagged under the need-to-know-basis folder of foreign governments. Since its inception in 2006, it has been ignoring the maxim, "What you don't know won't hurt you" as it passes very loaded information, the kind that can turn institutions upside down and turn our basic concept of war, peace and order in disarray.



HIGH-PROFILE CONTROVERSIES LEAKED

WAR DIARY: IRAQ WAR LOGS
WikiLeaks exposed and mapped out the number of deaths due to the war brought about by the US against Iraq. The numbers, which are not revealed to the public, are staggering with over 109,000 documented killings, 66,000 of which were civilians while the rest, divided between Iraqi and the coalition forces.

WAR DIARY: AFGHAN WAR LOGS
Before leaking the Iraq war diaries, WikiLeaks prepped itself up by releasing documents about the Afghanistan war. The site dropped a bombshell: some 90,000 US military reports reveal incidents violating the code of war. There were info on the attacks on civilians by NATO forces, allied troops attacked by friendly fire, Afghan units attacking one another and occurrences of demonstrations and unrest, from the number of deaths to the collaboration between US and its enemies.

9/11 PAGER DATA
WikiLeaks also gave an up-close look at the turmoil of the infamous 9/11 attack. Over half a million intercepted pager messages were released, all of which were made during the 24-hour period of the terrorist attack. Intriguingly, it uploaded info five hours before the first plane hit and the last one made 24 hours later. The pages were from sources that have the inside track on the tragedy–the Pentagon, FBI, New York City Police and even from computers working inside the Twin Towers during the attack.

SARAH PALIN'S EMAIL
Back in 2008, Alaska Governor Sarah Palin's private email account was hacked by an anonymous group. Its contents were revealed through WikiLeaks. Although there's not much juicy bits there that will stir rabid controversy, the documents show the governor was mixing personal and political affairs, a deed that is frowned upon by the public. The email trail also showed that Palin might be avoiding the public's eye by using a private account for government transactions.

GUANTANAMO BAY FACILITY
It reveals the existence of a Guantanamo Bay detention facility, where suspected terrorists are detained. The facility is protected and in constant surveillance by the US military. However, a 238-page document, called the "Camp Delta Standard Operating Procedures," leaked by the site, offers an exclusive on the daily life inside the facility.

WORDS: NEPS FIRMILAN, CHARMAINE Z. CHANCO

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GADGET NOSTALGIA

VINTAGE TECH TOYS THAT MAKES YOU WALK DOWN MEMORY LANE

IBM DOS PC (1980)

Remember the time when the mouse was just a rabid rodent and Windows was, well, just a window? It was a dark time in technology, a time when operating systems were unheard of and understanding basic DOS commands was the only way to make your computer do anything. It was an era when Wordstar (the first word processor) was king and Lotus 1-2-3 was the only spreadsheet.

NOKIA 2110 (1995)

Before the concept of 5110 even came to be, there was already a Nokia 2110. This was the epitome of what they call "*kudkuran ng yelo.*" It had an antenna on the exterior that emits a lousy signal and a lousier battery life that only lasted eight hours, tops.

ATARI 2600 (1980)

The first video game in history is *Pong*, which is basically a game of ping-pong where a white dot goes back and forth while you control the white bars on the side to go up and down. Yes it was, that basic and it ran on in this console, the first game console there ever was. It had two buttons on the side and had a *kambyo* looking control knob for a joystick.

GAME & WATCH (1980)

Back in the day, Nintendo created a portable, very basic game machine that happened to have a watch and an alarm. Hence, the Game & Watch, each one featuring a single game played on an LCD screen. But not the LCD quality on flat TV sets, it's the same LCD used on your digital wristwatch from the *tiangge*. So the fad back then was to collect as many Game & Watch as you could, especially those with game titles like *Balloon Fight, Donkey Kong, Mario Bros., Octopus, Bomb Sweeper and Boxing.*

WORDS: CHARMAINE CHANCO AND NEPS FIRMILAN

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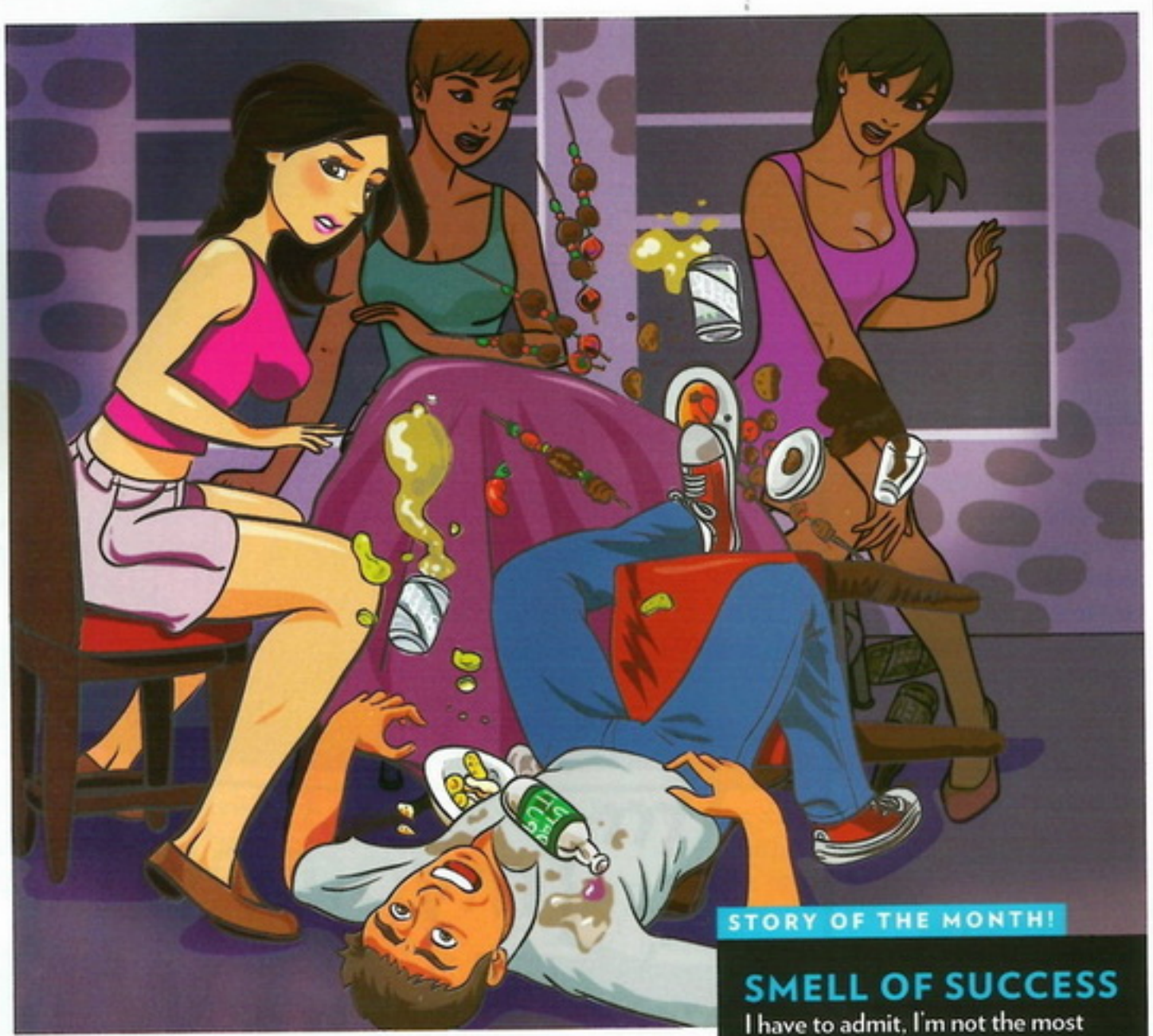
TRUE STORIES

TALES OF MISHAPS: MOST WELCOME!



STORY OF THE MONTH!

SMELL OF SUCCESS

I have to admit, I'm not the most agile person. Call me a klutz. But of all my clumsy mishaps, there's one that's too embarrassing to forget. That was when I was at an *inuman* where there were good-looking ladies. The table was filled with beer and *pulutan* like sisig, chicharon and *suka*, typical grub. The setup was great and I, on the other hand, was trying to act smooth. That's when I saw the lovely woman on the next table, and an empty chair beside her. "My lucky day," I thought. So I walked over and took the empty seat. Little did I know that the chair was broken, no wonder nobody was sitting on it! I fell over and, adding insult to injury, I knocked over the *suka* causing it to spill on my face as I fell down. I smelled like sour puke. Obviously, the ladies weren't impressed. Heck! My friends wouldn't even sit beside me.
loslonelyboy by email

SCARE TACTICS

Back in college, we were obligated to attend an out-of-town seminar for one of our subjects. Since the bus we were going to take was going to leave at 5 a.m., a classmate decided to sleep at my house so we could wake each other up and go to the station together. After a few rounds on my PlayStation, what I thought was an hour of playing ended up turning into hours. Before we knew it, it was already midnight. We decided to hit the sack and I set the alarm on my phone two hours early. When my phone rang I woke up and heard my classmate snoring. I approached him to shake him awake and when I did, he leapt out of bed and scared me. He'd been awake and was just waiting for the opportunity to scare my head off!
aa jan by email

DOGGY-STYLE

A friend of mine owns a little terrier that usually hangs around when we visit our friend to have some drinks and catch-up. The little bastard is very hyperactive and jumps all-over the place that sometimes it borders on irritating. One time while I had been busy chatting up my friend and became so engrossed in our conversation. I felt something brushing up my leg and didn't mind it because I was too busy. When I finally looked, I saw my friend's terrier enthusiastically humping my leg. What's worse and gross is he left his spunk juice on me! Bitch!
Klove by email

CELEBRITY STORIES

RUFFA GUTIERREZ EXPLAINS PNOY TO DAUGHTER

RUFFA TWEETS:

Manila, Manila! Upon arrival Lorin asks, "Who's Ninoy Aquino?" After explaining a bit of Philippine history, I ended with: "He's a hero." She then blurts out, "How is Ninoy a hero? How many people did he save?" After giving her more info, inquisitive Lorin then asks, "Is Tita Kris running for Senator?" *Nakakaloka si* Lorin. I told her, "Ask Lolo Lorini," as we pulled up our driveway.

WHAT'S THE HOLD UP?

Excited to buy a pair of shoes, I stopped by an ATM machine to withdraw cash. It was located in a street notorious for petty crime. After withdrawing my money, I was able to breathe normally knowing that I was safe. As I walked out towards the street, I felt something poking my back and a voice behind saying, "*Akin na pera mo!* Hold-up *to!*" I turned around and screamed, "*Papatayin kita!*" when I saw that it was my two lady friends giggling like schoolgirls. It was a damn prank they pulled on me. Embarassed about the whole thing, I decided not to talk with them and just walked away.
Sideline by email

BIG TIME DIVER

Everyone was having fun at our swimming party and I had worn my brother's pair of board shorts as my swim outfit, so it was a bit looser on the waist. In order to make a splash entrance, I dove into the water head first. My dive was pretty good. Hell, it was a 10 in my standards! But when I went out of the water, I wondered why everyone had weird looks on their faces. That's when I realized my shorts had a big, gaping hole on the back. My *pogi* status dove to zero.
Diverdiveran by email

loslonelyboy gets a Right Guard products from Unisell

Envious? Then send your entry to: fhm Bar Room Jokes, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer st., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

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